

# Dulman's View from Seaton & Beer

ISSUE NUMBER 585 Est. July 2005

[www.viewnews.co.uk](http://www.viewnews.co.uk)

Tuesday, October 25th 2016

## 2016 Festive Fayre



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## MP slams plans to cut more hospital beds

NEIL Parish has slammed the NEW Devon Clinical Commissioning Group as local hospitals are set to lose inpatient beds – and has rallied fellow Devon MPs to fight the closures.

It was announced recently that beds at Seaton Hospital would be considered for closure in a consultation

by Peter Hodges  
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as NHS' Success Regime looks to cut costs and avoid a predicted £400 million deficit by 2020.

At present, the CCG's preferred option is to keep beds at Seaton, along with those in Tiverton and Exmouth, but would remove beds from Whipton Hospital in Exeter and Sidmouth, as well as in Honiton and Okehampton.

Community hospitals in Ottery St Mary and Axminster lost their inpatient beds last year in the first round of cuts. There are currently four options on the table and two would see Seaton lose its beds, while the other two options would see the beds stay.

Speaking at a Westminster Hall debate concerning healthcare provision in Devon, Neil Parish gave a rallying call to fellow MPs, including East Devon MP Sir Hugo Swire who had secured the debate.

Mr Parish said: "I really feel that all our MPs across the whole of Devon need to unite, because over the last two years the number of beds in our community hospitals has been halved.

"I rather fear that we will be standing here in two years' time saying that they have been halved.

"Rather than fighting between each other which hospitals are kept open and which are closed, let us fight all the closures across Devon.

"Otherwise we are just being picked off one by one and this is not the way to run a health service in Devon."

There are currently 143 inpatient beds in the CCG's 'Eastern Devon' area and the consultation would see one of four options chosen and the number of beds cut to just 72.

Seaton doctors, town councillors and hospital League of Friends' members announced recently that there will be a public meeting on Friday, November 4th at the town hall at 2pm.

Neil Parish will be in attendance and organisers have invited a member from the CCG to speak also. Seaton Town Council released a statement recently saying they were gravely concerned with the consultation announcement.

A spokesperson for the council said: "Seaton Town Council considered the four options in the consultation being conducted by the NEW Devon Clinical

Commissioning Group and expressed its grave concern at the removal of beds from Seaton Hospital which would be entailed by Options B and D.

"The town council is not at all satisfied that the proposed new model for assessment, access and rapid response will substitute for the valuable care that the beds in the hospital enable it to provide.

"Moreover, the town council understands why other local hospitals are valued by communities in East Devon and does not accept the necessity of losing further beds.

"The town council does not agree that the relatively small amounts that will be saved by the proposed closures justify the loss of valuable local facilities."

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■ SEATON Jurassic took second place in a national competition to find the best family day out in the country See page 4

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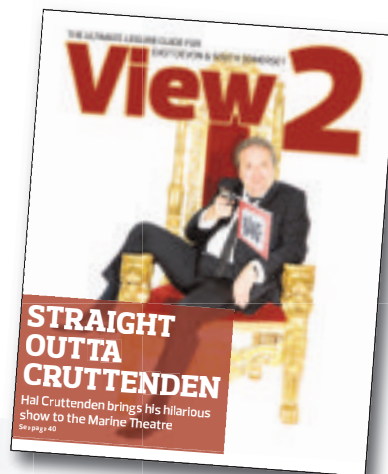
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# View 2

The ultimate leisure guide for East Devon & South Somerset

- ▶ **Hal Cruttenden: Straight Outta Cruttenden**
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- ▶ **Panto read-throughs in Seaton**
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**SEE PAGES 37-40**



## PEOPLE IN THE NEWS



**SOUTH SOMERSET:** Lucy Watson, Somerset Clinical Commissioning Group's Director of Quality and Patient Safety, has retired from the NHS after 40 years



**HONITON:** Luke Gouldson scooped four prizes including the Governor's Cup at Honiton Community College's annual awards evening for years 7-9



**AXMINSTER:** Maisy Troot won the draw for a drumming session at Axminster Library after completing its summer reading challenge



**CREWKERNE:** Jo Lyons, the mayoress, took a blindfold challenge around town to help the local Lions Club highlight World Sight Day

## FEATURES

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## Quotes of the week...

“This is terrible and heart-breaking news for the workers and their families, and the ripple effects for the wider West Country economy will be painful in the extreme.”

*Heathcliffe Pettifer, Unite union regional officer, after redundancy notices were issued for 221 jobs at the helicopter mainframe-making GKN plant in Yeovil*

“My disability is just a state of mind. I want to encourage everyone to have dreams and actually make them happen.”

*'Britain's first disabled strongman', Chard local Gary Clarke, who has cerebral palsy, in a presentation to sports students at Holyrood Academy*

“To be awarded a Silver Gilt at our first attempt is a tremendous achievement and I am really pleased.”

*Ursula Makepeace, president of the local horticultural society, after Beer was national runner-up in the Large Village category at the RHS Britain in Bloom Awards*

**IN YOUR  
PULMAN'S  
VIEW THIS  
WEEK**

## SPORT angling

ELEVEN Ilminster AA members fished round two of the V.E.S. Precision league on a very low and clear River Isle on Sunday.

Despite the temperature dropping over the last few days, the leading weights were still good but the majority of anglers struggled for bites.

Baz Morgan, fishing the pole and caster, had a lovely day in peg 120 at Isle Brewers, catching dace, chublets and roach for 16lb 3oz and a comfortable win.

Rob Cox was second with three big chub weighing 9lb 4oz from peg 108 on the pole and caster, with all his fish coming in the last hour.

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## TOP STORIES FROM ACROSS EAST DEVON AND SOUTH SOMERSET

### EAST DEVON MP's rallying call

**MP NEIL** Parish has slammed the NEW Devon Clinical Commissioning Group as more local hospitals are set to lose their beds.

Speaking at a Westminster Hall debate concerning healthcare provision in Devon, Mr Parish gave an impassioned defence of keeping inpatient beds open in Devon.

Inpatient beds in Devon are currently undergoing a consultation period, as healthcare chiefs aim to slash the region's healthcare spending.

It is predicted that by 2020 NEW Devon CCG could have a deficit of more than £400million and the 'Success Regime', has been set-up to claw some of the money back.

Neil Parish gave a rallying call to fellow MPs at the meeting, including East Devon MP Sir Hugo Swire who had secured the debate.

Mr Parish said: "I really feel that all our MPs across the whole of Devon need to unite, because over the last two years the number of beds in our community hospitals has been halved."

### AXMINSTER Raymond's Hill residents against chicken farm plans

**A GROUP** of residents in Raymond's Hill have banded together to fight a planning application for an industrial sized chicken farm - which would block views of Golden Cap.

Earlier this year, an application for a large free range poultry unit on the same site was withdrawn following overwhelming public objection. In both cases the applicant has included a 'temporary' dwelling adjacent to the industrial units.

The site, south east of Red Lane, is proposed to have access by articulated lorries from the A35, a well-known accident hotspot.

The planning application reference number is 16/2197/FUL and can be found on the district council's website in the planning section.

## From the editor's chair MPs fighting for Devon beds



**WHEN** moves to shut down the beds at Axminster Hospital were first suggested and the public consultation started there was a feeling in the town that it was a foregone conclusion and the NEW Devon CCG were just going through the motions. They have, and will, deny this strongly.

There was a certain inevitability about the whole process and the people of Axminster felt they had been treated poorly throughout the process.

It would seem that local MP Neil Parish had a similar opinion and in the Palace of Westminster last week he pointed the finger at an NHS official, quoting her as saying: "We have made the decision, we know best and we will overrule anybody who says any different."

Unfortunately, Mr Parish attributed that arrogant quotation to the present Lead Chief Executive of the CCG's Success Regime, Angela Pedder, who at the time was Chief Executive of the Royal Devon and Exeter Hospital and had nothing to do with the decision at all.

The NEW Devon CCG have issued a statement this week saying Mr Parish's information was incorrect. No doubt he will withdraw it.

It matters little, however. The anger over the closure of community beds across East Devon remains extremely strong and Mr Parish's Westminster colleague, Sir Hugo Swire, is equally

unhappy with how the whole question has been addressed.

Speaking in a debate on healthcare provision in Devon, Sir Hugo warned Health Minister Philip Dunne that Devon MPs were a "quiet bunch" (since when?) but they would fight "tenaciously" to protect the livelihoods of their constituents. We would expect no less of them.

Sir Hugo made a great play, quite rightly, in highlighting the many millions of pounds that had been raised locally across East Devon to make their hospitals more comfortable and better equipped.

This was a theme I wrote about in this column when Axminster was fighting to retain its beds, asking what would happen to the many items of equipment that had been acquired through voluntary effort.

Would they end up in the RD&E, or would the money be returned to the communities (fat chance of that happening)?

No one underestimates the challenges faced by NHS officials in these difficult times, but arrogant comments highlighted by Mr Parish, no matter who said them, only goes to reinforce the view of many that there was never any chance of saving the beds, so why spend so much time, effort and cost on pretending otherwise?

PHILIP EVANS

### OTTERY St MARY Planning inspector says 'yes' to quarry

**ISSUES** surrounding the proposed Straitgate Quarry in Ottery St Mary continue to rumble on after a planning inspector endorsed the site as part of the Devon Minerals Plan.

Despite concerns raised from residents, Devon Highways and the Environment Agency, the planning inspector's report stated that a 100-acre sand and gravel quarry at Straitgate Farm should be given the go ahead as a preferred area for quarrying to take place in the county.

In the report on the examination into the Devon Minerals Plan, the inspector wrote: "Devon Minerals Plan satisfies the requirement of Section 20(5) of the 2004 act and meets the criteria for soundness in the National Planning Policy Framework."

The Straitgate Action Group's said: With hundreds of consultation responses comprehensively ignored over the last four years, Aggregate Industries and the other mineral companies may as well have written the plan themselves."

### SEATON Jurassic centre second in UK poll

**SEATON** Jurassic has scooped the runner-up spot in the category of 'Best UK Day-out for Families' at the annual Family Traveller Awards.

Owned by East Devon District Council and operated by the Devon Wildlife Trust, Seaton Jurassic has welcomed an estimated 35,000 visitors through its doors in its first six months since it was opened by HRH the Princess Royal.

The Family Traveller Awards are an annual set of awards presented within 25 different categories ranging from 'Best Family Theme Park' to 'Best Family Festival' and everything in between.

Despite this being Seaton Jurassic's first year of operation, it beat of hundreds of competitors to be named second only to the Royal Zoological Society's Whipsnade Zoo in the coveted 'Best UK Day-out for Families' award.

Cllr Paul Diviani, Leader of East Devon District Council, said: "This award comes just a few months since Seaton Jurassic has opened and it's testament to the great team we have working there that families are coming back to visit again and again. Long may it continue."

### COLYTON Grammar students in National Citizenship programme

**DURING** the summer holiday, Millie Drew and Hannah Barton, both Year 12 students at Colyton Grammar School, spent three weeks taking part in the National Citizenship Service (NCS) programme.

Millie and Hannah recently attended a graduation ceremony, receiving a certificate signed by the Prime Minister and entry to the NCS graduate programme.

NCS is a charity that aims to develop skills in leadership, confidence and independence.

### HONITON Lee gets new wheels

**A 17-YEAR-OLD** with cerebral palsy from Offwell will soon be able to get out and about in comfort and safety in his local community thanks to the donation of a specialist buggy.

Lee Burch, has a type of cerebral palsy affecting his muscles, as well as the brain condition polymicrogyria which inhibits learning development.

He is cared for by his guardian Emily-Jayne Costa-Brennan, who has looked after him since he was eight.

The donation of the specialist buggy came from Newlife Foundation for Disabled Children, working in partnership with Marks & Spencer.

## SOUTH SOMERSET Council tax to rise as district accepts 'unfair' funding deal from government

**SOUTH** Somerset residents will see a rise in their council tax after the district council "reluctantly" accepted a four-year settlement of central government grants.

Discussions with the Department for Communities and Local Government over funding made clear that all four years of the settlement had to be accepted and that under no circumstances would any authority be better off by rejecting the offer.

The Minister for Local Government, Marcus Jones, has indicated that he hopes to add more to the offer for those authorities that accept.

Councillor Ric Pallister, South Somerset District Council leader, said: "The council was given two choices by the government and neither was right or fair to the council tax payers of South Somerset."

Agreement to the settlement will leave the council with a negative Revenue Support Grant (RSG) in the fourth year 2019/20 when £330,000 from local taxation will be returned to the government for redistribution to other authorities.

Councillor Pallister finished: "We will continue the fight for a fairer settlement for our residents."

## SIDMOUTH Environment Agency chief in Sidmouth

**THE** Chief Executive of the Environment Agency, Sir James Bevan, visited East Devon recently, after local MP Sir Hugo Swire invited him to the constituency.

The MP took Sir James around East Devon to see some of the ongoing projects which the Environment Agency have been actively involved in.

Sir Hugo said: "The Environment Agency are heavily involved with some very important projects in my constituency, which is why I wanted to invite Sir James down. Sir James met some of the key local people working on the Sidmouth Beach Management Plan, the redevelopment of Exmouth Seafront and the proposed relocation of Tipton St John Primary School, which is regularly beset by flooding."

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**Happy 10th Birthday Rihanna Cann**  
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# Silver delight for Ursula and her 'In Bloom' team

by Kevin Fahey

BEER was awarded a Silver Gilt at the prestigious Royal Horticultural Society's (RHS) Britain in Bloom Awards ceremony in Birmingham earlier this month.

It was the first time that Beer has qualified for the national competition and Ursula Makepeace, Beer Horticultural Society president and member of Beer Parish Council, said she was delighted with the recognition.

Ursula said: "This was the big one for us, as it was the first time Beer has qualified for the national competition against the best large villages in the country.

"To be awarded a Silver Gilt at our first attempt is a tremendous achievement and I am really pleased."

The Silver Gilt follows just two weeks after Beer won a gold certificate at the South West in Bloom event and also regained the Cox Cup for Best Large Village in the region, an honour it last held in 2014.

Beer's national silver medal, the second highest available, confirms its position as one of the greenest and most beautiful large villages in the country

"That was a great achievement in itself as well, and I think many people expected us to win another gold," added Ursula.

"But at the national level the marking standards and requirements of the RHS are much more complicated and difficult to meet.

"Everyone there said that for our first time in the competition we had done extremely well

and the judges came up to congratulate us and told us personally that we had done a great job.

"We are proud that it placed Beer, as a large village, on the map in a UK-wide sense."

At the event, which was hosted by TV gardening expert Chris Beardshaw, Beer was up against Barwick-in-Elmet in Yorkshire, Dalton (Cumbria), Dufftown (Scotland), Upton-upon-Severn (Heart of England) and Hillsborough (Ulster), with the latter awarded gold and the prize as best category winner.

Judging panel chairman, Roger Burnett, said: "This has been a truly outstanding year for Britain in Bloom with local communities devoting tremendous amounts of time and effort into greening grey areas and sharing the many health and social benefits of horticulture.

"The judges were very impressed by the way communities refused to let the many challenges they faced hold them back.

"The finalists' desire and determination to make their environment as green and pleasant as possible was truly humbling.

"We as judges are privileged to have a front row seat to see Britain in Bloom volunteers change the lives of thousands through their work. And it's fitting that their efforts are recognised and celebrated."

## Jurassic centre awarded second place in national poll



SEATON Jurassic has scooped the runner-up spot in the category of 'Best UK Day-out for Families' at the annual Family Traveller Awards.

Owned by East Devon District Council and operated by the Devon Wildlife Trust, Seaton Jurassic has welcomed an estimated 35,000 visitors through its doors in its first six months since it was opened by HRH the Princess Royal.

The Family Traveller Awards are an annual set of awards presented within 25 different categories ranging from 'Best Family Theme Park' to 'Best Family Festival' and everything in between.

Seaton Jurassic was chosen from more than 1,600 nominations received across all categories.

A shortlist of 300 visitor attractions and venues was then made by the Family

Traveller team before the launch of a public poll which resulted in 18,000 votes being cast.

The process then entered its final phase with a panel of expert judges including writer Mariella Frostrup and the BBC's go-to travel documentary maker Simon Reeve, making the decision on category winners and runners-up.

Despite this being Seaton Jurassic's first year of operation, it beat of hundreds of competitors to be named second only to the Royal Zoological Society's Whipsnade Zoo in the coveted 'Best UK Day-out for Families' award.

The public and judges admired Seaton Jurassic's unique and quirky telling of the history of life along the Jurassic Coast World Heritage Site.

Seaton Jurassic manager Mike Ruiter said: "I'm abso-

lutely thrilled that we came second in the Family Traveller Best UK Day-out for families award. It was a huge field and we were facing very impressive competition in the shape of some of the nation's best-known tourism venues.

"Recognition by the public and by expert judges from the travel industry is a tribute to my team of staff and volunteers.

"Together we offer a wonderful day-out at Seaton Jurassic. If you haven't already visited us come and experience it for yourself!"

Cllr Paul Diviani, Leader of East Devon District Council, said: "This award comes just a few months since Seaton Jurassic has opened and it's testament to the great team we have working there that families are coming back to visit again and again. Long may it continue."



# Local businesses nominated for tourism awards

SOME of East Devon's leading tourism businesses have been chosen for the finals of the Devon Tourism Awards which will be presented at a prestigious

ceremony next month.

This year saw an increase to 24 categories in the competition, which is now in its seventh year following its launch in 2010.

New categories have been added for Glamping and Self Catering Property, with numerous changes to other awards to reflect the ever-changing visitor

experiences in the county.

Seventy-five finalists were selected who will be waiting in suspense until November 10th when they will learn whether they have won Gold, Silver or Bronze awards.

In East Devon, a diverse range of businesses have been nominated in a wide range of categories.

Seaton Tramway and Deer Park Hotel in Honiton both have two nominations each.

The tramway has been short-listed in both the 'Large Attraction of the Year' and 'Artistic, Cultural and Learning Experience' categories, while Deer Park Hotel picked up nominations in Dog Friendly Business of the Year and Hotel of the Year.

The Thelma Hulbert Gallery in Honiton was nominated for the

Access and Inclusivity Award, while The Old Kennels in Dunkswell will join the tramway in the Artistic, Cultural and Learning Experience category.

Andrewhayes Holiday Park, near Axminster, is one of three camping and caravan sites nominated across the county and celebrity chef Hugh Fearnley-Whittingstall's restaurant and deli in Axminster has been nominated for Restaurant of the Year.

In the Self Catering award, The Milkshed in Honiton has been nominated, while Mazzard Farm in Ottery will go for gold in the International Visitor Experience section.

East Devon District Council's £4million endeavour, Seaton Jurassic, has picked up its first nomination in Sustainable Tourism.

Awards panel chairman, David Fursdon, said: "I know how important the tourism industry is to Devon.

"The wonderful reputation that this very special county enjoys in the area depends on maintaining the highest standards and this year's winners across a wide range of categories illustrate just that and personify one word: 'Excellence'."

Awards organiser Robin Barker of Services for Tourism commented: "I never cease to be surprised by this fantastic industry! The glowing descriptions of the experiences enjoyed by our team of mystery visitors make me want to go and sample every one of them!"

The full list of finalists and highly commended entrants can be viewed at [www.devontourismawards.org.uk](http://www.devontourismawards.org.uk)

## Volunteers' group rebrands as Action East Devon

EAST Devon Volunteer Support Agency (EDVSA) has relaunched itself as Action East Devon.

EDVSA has been working with communities in East Devon for nearly 20 years providing a range of support services for individuals and community and voluntary groups.

Over the last year the charity has been in a period of review, re-thinking how to deliver services to safeguard their future.

This re-brand marks the end of a key period of development with the launch of a new name, vision and business plan for the charity.

Action East Devon is the leading local charity working with the people, communities and organisations of East Devon to create the services and support they need to live happier and healthier lives.

The charity runs projects and delivers services, working with people and communities to meet the needs of the most vulnerable people in society. They work with volunteers and voluntary organisations and give them access to the support they need to make their community stronger.

Chief Executive Charlotte Hanson says "The launch of Action East Devon marks the beginning of a new phase in the charity's development

which we believe will help us to be clearer about the work that we do and how we can best deliver our vision of happy and healthy communities in East Devon.

"I would like to reassure our partners, and the people who benefit from our work, that we will continue to provide all of our existing services.

"However, we are planning to add some new services over the next six months to meet emerging needs."

Action East Devon will continue to work with over 6,500 individuals and over 500 community and voluntary groups each year through their projects and services.

The project supports young people with mental health issues and their parents and carers, whilst their 'Branching Out' service provides horticultural and learning activities for people with disabilities.

Action East Devon's carer support service through Devon Carers provides holistic support to adult carers.

Services for older people with additional health and social care needs include the Axminster Valley Visiting Scheme, the Forget Me Not Reminiscence & Life Story Service, and the 'Axminster Remembers' World War Two heritage project.

**If you have a story for the East Devon area, call Anders Larsson on 01297 446142 or email [anders@viewnews.co.uk](mailto:anders@viewnews.co.uk)**

## Coach trip to Bridgwater Carnival

AXMINSTER Lions Club is organising a coach to Bridgwater Carnival on November 5th.

The coach will leave Seaton seafront at 3.15pm, picking up at Musbury bus shelter at 3.35pm and

Axminster's Trinity Square at 3.45pm.

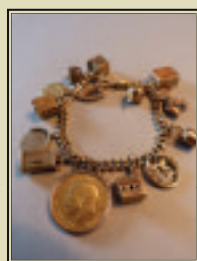
For further information, contact Lion Martin Mynard on 07548 515499 after 6pm or e-mail [mynard1970@gmail.com](mailto:mynard1970@gmail.com)

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# Young Farmers celebrate harvest at the Guildhall

AXMINSTER Young Farmers recently held their end of year harvest supper at Axminster Guildhall, where members were awarded for their contribution over the year.

This event was very well attended with guest speaker Simon Bugler from Pilsdon, who was the 2016 National Milk Records Gold Cup winner.

A spokesperson for AYF said: "Simon was a brilliant speaker who was very interesting and we cannot thank him enough for coming along."

"We also presented the cups for the year to just a few of the members who have contributed over the past year."

"Due to our successes this year we have also recently donated another £1,000 to Devon Young Farmers, who are in the process of fundraising for a new building which they have purchased to be their base."

"This will provide a 'hub' for Young Farmers across Devon and therefore will have a great impact on our club."

The Axminster club will be holding a new members meeting on Monday, November 7th at 8pm at The Ridgeway, Smallridge.

The spokesperson added: "The meeting is open to anyone aged between 10 and 26 and I would encourage people to come along."

"Young Farmers is a brilliant way of getting to know new people and taking part in a wide range of competitions and plenty of activities."

"We would love people to come along and see what we are all about and hopefully become part of our club."

If anyone has any further questions, contact Alice Gay on 07896 350748.

■ **GENEROUS DONATION:** Members of Axminster Young Farmers donated £1,000 to Devon YFC to go towards their new 'hub'



■ **CELEBRATION:** Axminster Young Farmers with their end of season awards



■ **MEMBERS** of the Read Easy Group in Axminster were given a treat when Simon Hall, BBC Spotlight's crime reporter and popular novelist, gave a talk.

Mr Hall spoke on his life-long love of words and the power they have to change people's lives.

Mr Hall is the patron of the Axminster branch of Read Easy and endorsed their work in helping adult non-readers to move forward in

their lives. The group's coordinator, Sheila Abdy, reported that over the two years of its existence, 30 readers have enrolled, and that at present there are 21 following the course.

Each reader has an individual coach, and at the moment the group has 30 trained coaches on its books.

Following his talk, Mr Hall awarded certificates to seven readers who had

completed various stages of their courses.

Read Easy offers free, one-to-one tuition for adults who struggle with reading. The contact for the Axminster group, which also covers Seaton, Chard and Sidmouth, is sheila@readeasy.org.uk or phone her on 01297 552847.

More information about Read Easy UK can be found on their web site [readeasy.org.uk](http://readeasy.org.uk)



▲ **SIMON** Hall with members of Axminster Read Easy at their AGM earlier this month

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### Advertiser Announcement

## Suggestions to help pets during firework season



THE AUTUMN and winter months bring a time of explosive celebrations that can cause terror for dogs, cats and rabbits and now is the time that pet owners could be thinking about taking steps to prepare and protect their pet from the fear of fireworks.

There are several things that can be done to make it as stress free as possible.

- Most dogs and cats have a favourite place to go and hide, if not you need to create a hideaway where they can feel safe. A room that is quiet and has minimal windows is the most suitable.
- Installing an Adaptil™ or Feliway™ diffuser close to the refuge area may encourage them to settle, feel relaxed and confident. This should be done 2 - 4 weeks prior to the expected stress.
- Provide blankets for him to hide under and burrow. A woolly jumper that has your scent on can be comforting.
- Close the curtains to block out flashes of light and as much of the sound as possible.
- Take your dog out for a walk an hour before the expected stress to go to the toilet and feed him an early evening meal to help him feel relaxed. A meal high in carbohydrates such as pasta or rice is ideal.
- Play some background music that your dog normally hears (and doesn't object to!), or leave the television on.

- Offer chews and treats to your dog in his hiding place. He will then see this hiding place as a good place to go, and he can chew on these to relieve his tension.
- Ignore the sounds of the fireworks yourself and do not soothe or comfort your dog. It may be difficult to do this but it is the worst thing to do. It gives your dog the impression that there is something to be frightened of and rewards him for being scared.
- Cats need to be confined to the house and provided with a litter tray.
- If your pet gets particularly distressed we recommend you talk to your vet about short acting medication. Old-fashioned sedatives have been replaced with modern anti anxiety drugs which help treat the problem, rather than just mask it.
- Small mammals like rabbits and guinea pigs that live outside should not be forgotten. If possible move them into a shed or outhouse. Covering the front of the hutch with a blanket can help cut out some of the noise and flashes of light.

If you require any more information about helping your pet, then just call and speak to either a Vet or Veterinary Nurse who will be happy to help.

**Honiton 01404 44095**



# Woodbury Wind on tour in the Czech Republic



■ **CONTINENTAL:** The travelling party in the Czech Republic *Photo by GRAHAM GODBEER*

AXMINSTER-based Woodbury Wind performed in three different venues when touring the Czech Republic.

Twelve musicians along with five partners/friends were part of the touring party.

The venues they played included a restored fort in a village outside Prague called Roztoky, a 17th century hunting lodge near České Budějovice and a synagogue in Český Krumlov.

Woodbury Wind co-founder Jane Godbeer said: "There is a Czech-English school in České Budějovice and the group spent time with a class of teenagers doing a workshop which involved singing English rounds and a demonstration of classical wind instruments.

"There was a very special encounter with a survivor of the Nazi occupation in the synagogue. Ruth Havlova, 90, escaped the Nazis in 1939 with the help of Kindertransport [a rescue effort aimed at children] organised by Englishman Nicholas

Winton. Ruth is an extraordinary character who was very grateful for all that had been done for her during her six years in England."

Members also had time for sightseeing and shopping during the trip.

The ensemble is a regular at the annual Axminster Lunchtime Concerts and has played on its own and with Axe Vale Orchestra in Axminster's twin town Douvres la Delivrande, France.

Jane Godbeer co-founded Woodbury Wind in 1979 with the late Hilary Juster.

There will be a concert in memory of Hilary on Saturday, October 29th in The Minster, Axminster, starting at 3pm. The event is in aid of Hospiscare.

Entry is free but donations would be gratefully received.

Anyone interested in joining Woodbury Wind can call Jane on 01297 32767 for more information.

■ THE normal peace and quiet at Axminster Library was temporarily broken when a lucky youngster was given a drumming session.

Maisy Troot completed the library's summer reading challenge and was entered into a draw to win the prize.

Library staff member Matthew Brown, a keen musician, led the session.

Maisy, who is a fan of The Vamps, had never played drums before but appeared to have a great time in the library on October 10th.



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# Free dementia training : Beer Friends at Exeter conference

SEATON Town Council will be offering free dementia training for anybody interested in learning the valuable skill.

The training will take place on Friday, November 18th, from 2pm to 4pm at the Marshlands Centre on Harbour Road.

The training session will provide a greater understanding of the behaviours that can be caused by the symptoms of dementia, and a way to discover techniques to help

manage challenging behaviour, encourage your loved one to engage in activity, and how to look after yourself while caring for a loved one.

Also at the Marshlands Centre on November 30th, will be another training session on how to be scam aware, running from 2pm-3pm.

A spokesperson for the council said: "Gaining awareness of the types of scams that your loved

ones could be affected by is key to ensuring their safety online, on the telephone and via unsolicited mail. The training is open to anyone in the community."

Both sessions are free and held at the Marshlands.

To book, email [admin@seaton.gov.uk](mailto:admin@seaton.gov.uk), phone 01297 21388 or contact either Cllr Martin Piggot or Cllr Dawn Squire – details are on the Seaton Town Council web site.

THE Beer Friends Group of Cancer Research UK enjoyed an inspiring day at the Cancer Research UK South West Autumn Conference, held at Exeter Racecourse last week (October 19th).

Six members from Beer made the trip to Haldon Hill to hear a series of inspiring talks culminating in an address from Willie Hamilton, who is Professor of Primary Care Diagnostics and a member of the CRUK Supporters Group at Exeter University.

Mr Hamilton gave an enter-

taining and thought-provoking talk on 'Early diagnosis of cancer: can it be done – and is it worth it?'

"It was a thought-provoking and interesting day and we all came away with some new ideas to help raise money for this great cause," said Annie Boalch.

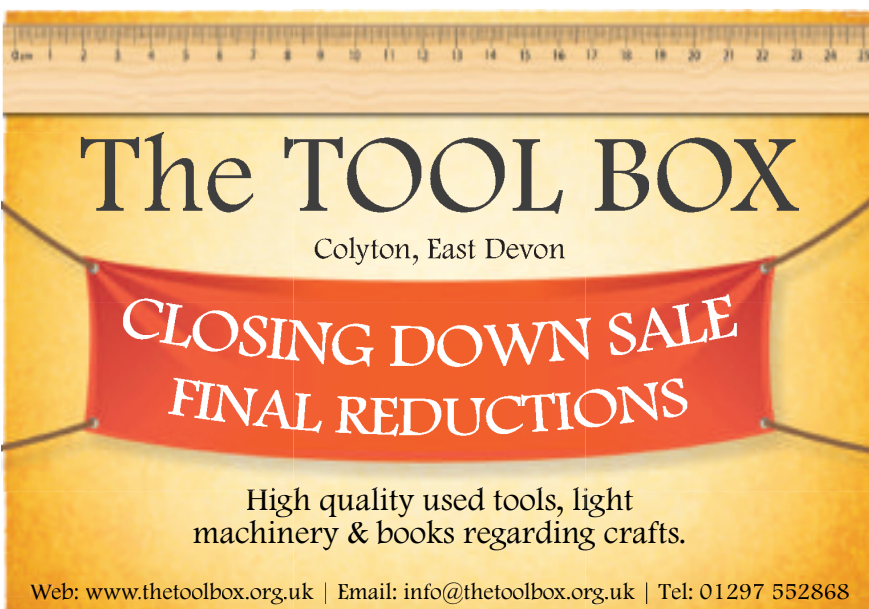
One of the experts revealed that 85 people every day in the South West are diagnosed with cancer and of those currently 50 per cent will survive.

One of Cancer Research UK's

goals is to improve that ratio to 75 per cent within 20 years.

Officials from the charity also confirmed that in terms of raising money the South West was the best in the UK in 2015 with a total of £1.3million, an increase of 15 per cent on 2014, donated to on-going research projects.

"That is all down to you, so we thanks you so much for the good work you are doing in trying to beat cancer," said Samantha Williams, who is the Regional Manager for CRUK.



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## Batty about bats at the Bomb Shelter

WANT to know more about bats? Then pop into the Bomb Shelter in Beer this week.

From today (Tuesday, October 25th) the Beer Village Heritage Society will unveil a Bat Beacon which will offer an invaluable insight

into these fascinating animals.

Then on Friday (October 28th) at 2pm in the Jubilee Gardens, Beer Village Heritage and Beer Horticultural Society will be joining forces to sow some wildflower seeds to attract the kind

of insects which bats like to eat.

"There will also be some bat-related craft activities so come and join in the fun," said a spokesperson from the Devon Greater Horseshoe Bath Project.



■ THE Budleigh Salterton Male Voice Choir and Lymstone Military Wives Choir put on a fantastic evening to raise funds for the Honiton Lions. Playing in front of a full house at St Paul's Church, for two hours, the audience was captivated by the musical groups and in the process more than £1,000 was collected for charity and to support the funding of the choirs.



# Tickety-Boo to expand

COFFEE shop Tickety-Boo is hoping to add an additional play area and improved access to the popular play kingdom.

The venture has proved such a success since it opened in August that owner, Stuart Phillips, is planning to extend into the back area of the building.

He said: "We've been astonished

by the reaction to the business and the number of customers regularly visiting Tickety-Boo to enjoy food and drink, and bring children to use the Play Kingdom.

"It has meant a rethink in terms of facilities and access. Opening

up the rear of the building means that the play area can be accessed from Hind Street with no stairs to negotiate, which will be better for parents with buggies and wheel-chair users.

"It will also facilitate access to the disabled toilet."

The extra play area will feature an exciting new pirate ship and ball pit, and plans also include the addition of substantially more seating so parents can relax while their children play.

At the same time, Mr Phillips proposes to build three one-bedroom starter flats upstairs at the site.

"Ottery is lacking in affordable homes for younger people – even with all the new building going on in and around the town.

"These flats will provide modern accommodation that is reasonably priced, enabling young people to get their feet on the first rung of the housing ladder."

Planning permission is currently being sought for both projects, and, if granted, the work will commence as soon as possible.

"If the project goes ahead there will be some disturbance to our neighbours, but we will work hard as always to ensure the minimum of disruption," added Stuart.

■ **TICKETY-Boo has been such a success that Stuart Phillips is looking to expand the coffee shop and 'Play Kingdom'**



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## Men's Shed group all set to open its doors

THE newly formed Men's Shed Group in Ottery are now officially ready to open their doors to the public, having secured their base inside one of the portacabins at Ottery Station on Mill Street.

They plan to hold open days on November 12th, 13th and 14th between 10am and 4pm inside the portacabin to showcase the types of activities which may be available to members and welcome anyone who has an interest in the Ottery Men's Shed to join them.

The Ottery Shed Project was ini-

tiated by Ottery Help Scheme, working in partnership with the Royal Voluntary Service, and the group is now run by an independent Men's Shed Committee.

The Men's Sheds Association is a non profit organisation, originally starting in Australia, which aims to improve the overall health of all men.

They normally operate on a local level in the community, promoting social interaction and aim to increase the quality of life of their members.

Any questions should be di-

rected to Ottery Help Scheme by phoning 01404 813041 or by emailing [mensshedottery@gmail.com](mailto:mensshedottery@gmail.com)

Helen Harms, Chief Officer of Ottery Help Scheme said: "We are so happy that the Men's Shed Group is now at the exciting stage of opening their doors to the public. The shed committee have worked so hard for so many months in setting up the group and applying for various funding and it's fantastic to see all that hard working finally coming to fruition."



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# Traveller site planning guidance in consultation

NEW detailed planning guidance designed to help East Devon District Council determine applications for gypsy and traveller sites is currently undergoing consultation.

The public has until November 15th to send in any comments on the East Devon Gypsy and Traveller Site Design and Layout Supplementary Planning Document (SPD) and the information that is legally required to support it.

All feedback received on the draft document will be used to help inform any further revisions.

Studies show that nationally gypsies and travellers continue to face a 10 per cent lower life expectancy than the general population.

The factors contributing to this declining health problem are sub-standard accommodation, as well as poor health, low educational attainment and community isolation in society.

The Gypsy and Traveller SPD will help ensure that these needs are met by setting out a list of clear criteria against which all planning applications for proposed sites and extensions to existing sites will be measured.

All new schemes will have to comply with high standards in terms of privacy, landscaping, density of pitches, size of pitches, residents' safety and what should be provided on a pitch.

East Devon say they are keen to receive

feedback on the draft guiding principles, which are based on Government guidance and good practice from neighbouring authorities.

Comments on the SPD can be made in writing to: 'Gypsy and Traveller SPD' Planning Policy, East Devon District Council, The Knowle, Station Road, EX10 8HL or by email to [localplan@eastdevon.gov.uk](mailto:localplan@eastdevon.gov.uk)

Respondents' names and addresses are not confidential.

The consultation can be found on the planning policy pages of the East Devon website: <http://eastdevon.gov.uk/planning/planning-policy/gypsy-and-traveller-plan/>

Councillor Andrew Moulding, who is East Devon District Council's portfolio holder for strategic development and partnerships, said: "It is vital that East Devon supports ethnic minority communities such as the gypsies and travellers.

"We must continue to drive change and offer them improved opportunities within the district.

"We would like to help create lasting and measurable changes that will benefit and enhance their way of life, enabling them to live longer, healthier and more fulfilling lives.

"Once the SPD has been adopted it will be used as a clear reference guide to make certain that the sites being put forward provide high quality environments that meet the basic

living requirements of residents.

"The document will not determine where the sites will be permitted but it will be aimed at achieving a high quality

appearance, as well as safe, healthy living conditions for the residents.

"We must take responsibility for these people who are an integral part of East

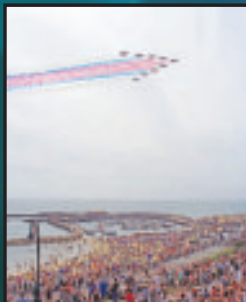
Devon's cultural mix and help them by ensuring that traveller sites are well thought out and able to support healthy, productive, happy lifestyles."



■ **CHILCOTTS** Auctioneers summer show competition winner has been announced. The competition asked visitors to the Chilcotts show stand at the Honiton Show and North Devon Show to take a guess at the price an auction lot would achieve at auction. The piece, an early 20th century miniature chest on a stand, was a tricky one to estimate. However, Paul Benson from Taunton got very close with a guess of £225; the chest was sold at auction in the September sale for £220. Mr Benson won a Marks and Spencer voucher and a year's worth of auction catalogues. The competition raised £50 for local charity, Hospiscare. Duncan Chilcott is pictured at Honiton Show with the auction piece in question.

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# Sunny Days Celebrating their 1st Birthday

**We welcome you to celebrate with us on November 1st for a fun filled afternoon!**

SUNNY Days Nursery in Honiton is holding a special event to celebrate its first birthday.

Prospective parents and their children are being invited to take a look around the facility, in what promises to be a fun-filled afternoon.

Sunny Days Nursery is set within the Playdome facility at Heathpark Industrial Estate, and offers high quality care and attention to children, as well as understanding that every child is unique and learns at their own pace.

The birthday celebrations will be held on Tuesday, November 1st from

3pm to 6pm and special guest George the Magician will be performing from 4pm to 5pm.

There will be party bags for the children that attend as well as free entry to the Playdome during the event. There will also be free teas, coffees and snacks available.

Sunny Days is keen to nurture the next generation of great minds in the world and help to set them on the road to fulfilling their potential. All staff are fully qualified and have a wealth of experience with children.

The nursery rooms are set up to meet individual age related needs. The Bambino Room is a specialist area designed for children up to the age of one, and the

room contains a spacious play section and a separate sleep room. The Little Explorers room is for two-year-olds looking to take their first steps towards discovering new experiences, while the pre-school is for three to four-year-olds to enjoy. All the rooms are staffed by educators specialising in that particular age range and are light, bright, air conditioned and stuffed full of toys.

Sunny Days also offers an outdoor facility which contains a grass area for the children to experiment with gardening, as well as a quiet discovery section. The outdoor facility also has an undercover section so that children can be active and learn outdoors in all weathers.

The nursery, which has been set up

alongside Marie Cooper the nursery manager, recognises the importance of fresh air and that some children prefer learning and playing outside. Sunny Days boasts a huge area for bikes, trikes and running around on a soft, brightly coloured surface.

We would like to thank all of our families for making our first year memorable and how time has flown by and looking forward to help families care for their little ones



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**Free Playdome membership for new children signing up in November. Code: View From Nov 16.**

Children need to start attending by December 1st 2016 and attend minimum of 15 hours per week. T&C's apply.



# Artist demonstrates how to paint 'big and bold' wildlife

## SEATON AND DISTRICT ART SOCIETY

WITH a range of house painting brushes, from half inch to two inch, Tiverton artist Gregory Wellman conjured a pair of rhinoceroses in his 'Big and Bold Wildlife' demonstration to Seaton and District Art Society's October meeting at Seaton Town Hall.

Using mostly inexpensive Reeves acrylic paints and a stretched box canvas prepared with a purple mix and a shadowy, freehand painted outline of his subject, Gregory said he had in the past painted highly detailed and accurate animal studies but now he was "going impressionistic and working on a larger scale."

He wanted to concentrate on the process of his demo and was using one of his previous paintings

of rhinos taken from his own photographs as his reference.

He told his audience about the "forgiving nature" of acrylics, which banishes some of the fear of getting it wrong. Using a large, deep palette lined with wet kitchen paper and a sheet of greaseproof paper he showed how he painted just enough for our brains to accept the shape – not necessarily being realistic as long as the tones work and the form begins to appear.

He suggested the direction of the brush strokes should emulate the direction of the planes, changing the direction of the brush to describe the planes.

With the form established he used his fingers to blend the paint for soft areas such as the inside of the ears.

He likes to move around as he paints – "it makes for a more energetic picture" – and his Seaton audience was delighted because it meant that everyone had a good view of the emerging rhinos.

From wild animals to 'Expressive Flowers' in acrylics next month when Terry Whitworth gives the society's November 7th demonstration at Seaton Town Hall, from 2-4pm. New members and visitors are welcome (£3).



■ GREGORY Wellman at the Seaton & District Art Society

theWI  
INSPIRING WOMEN

## Women's Institutes ROUND UP

**KILMINGTON:** Apologies were received from Anne, Molly and Kathy. The minutes were read and with no matters arising Joy introduced the speaker for the evening.

Claire Barrow, a jewellery maker, brought many examples of her work and gemstones which included a piece of labradorite which was black with a beautiful green running across it.

She talked about quartz, onyx, beryls, turquoise and topaz and many more, passing round samples while she was talking.

Morganite was named by Tiffany's after a banker. Claire talked about the MOHs scale of hardness with diamond being at the top at no 10 and fluorite nearer the bottom at number four.

The test is a scratch test and, for example, fluorite can be scratched with a knife. Members were able to buy her jewellery. The talk was enjoyed by all and Mary thanked her.

After scones with jam and cream, the WI discussed finances and then had the report from the Autumn Council meeting at Barnstaple at which the main speaker was a renowned florist who was excellent.

Next month the title of the meeting is 'Songs from the 60s and 70s' in the village hall at 7pm. The meeting closed at 9.15pm.

**HONITON EVENING:** At the monthly meeting the Ladies of the WI were put through their paces with the expert guidance of Kat from Fitsteps.

Fitsteps is a group initiated by Natalie Lowe and Ian Waite of 'Strictly' fame, whereby the steps of Latin and Ballroom dances are taught as an exercise routine. The evening provided lots of fun as well as exercising those muscles not often used!

Later in the meeting, after planning many trips and meals, a discussion took place on the closure of Honiton Hospital in-patient beds.

There was great dismay and anger to the proposal

as it was felt no consultation whatsoever had taken place, so members have unanimously decided that they will take action and write letters to the CCG including many anecdotes of personal experiences they have had at the hospital.

Christmas is rapidly approaching and members were reminded to bring small jars for decorating the group's tree in St Paul's Church for the forthcoming festival, as well the plans for the Christmas meal meeting at Honiton Golf Club.

The walking group has enjoyed many autumn walks in lovely weather. We look forward to several more before the end of the year.

We are always pleased to welcome visitors and new members so if you would like any information please see our web site by searching 'Honiton W.I.' or contact our secretary, Mary Gubby, on 01404 43997 or email honiton@devonwi.org.uk

**SEATON:** Members of Seaton WI met on a bright, sunny afternoon on October 18th. Several teams from our WI will be attending the quiz held by Beer WI on November 10th.

Dates and venues were discussed for the New Year Lunch to be held in January and provisional numbers were taken for those wishing to attend the meal.

The results of the Flower of the Month competition were: 1st Denise England, 2nd Christine Palacio and 3rd Sue Barnard.

The general competition results (a photograph of your garden) were as follows: 1st Sheila Rumble, 2nd Denise England and 3rd Zelma Lindsay-Smith.

After refreshments, quizmaster Mr Mike Short tested members' gardening knowledge with an entertaining and light hearted quiz.

The next meeting will be held on November 15th, from 2.15pm at Seaton Methodist Church Small Hall, when there will be a demonstration of flowers for Christmas.

# INFORMATION EVENING

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# 6 AXE VALLEY SIXTH FORM CENTRE

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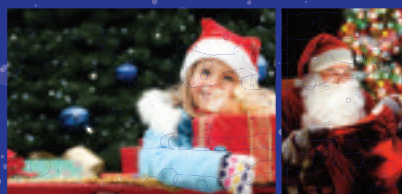
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We are open until 9pm every Wednesday evening from 9th November until 21st December, giving you a little extra time to browse, not only through our Christmas department but also our new, seasonal gift ideas, large range of Christmas cards and wrapping papers as well as our real Christmas trees and Christmas house plants.

Gosford Road, Ottery St Mary, Devon EX11 1LZ Tel: 01404 815815  
[www.otternurseries.co.uk](http://www.otternurseries.co.uk)



# Thank you from the food bank

■ A BIG thank you for all the food which has been rolling in all week.

We at Seaton Foodbank are very grateful for the food and household goods that have been contributed from our local churches and schools' Harvest Festival celebrations, and the ongoing gifts from our regular contributors via the boxes at Tesco, Co-op and Seaton Town Hall.

Over the summer we have had times when some of our shelves were nearly empty, but thanks to our wonderful volunteers and the many local people who support us with food and household goods, no one has ever been sent home with empty bags.

We would like to thank everybody who is making our Foodbank a success in Seaton and district.

■ NICE to see beach steps at West Walk, adjacent to Hideaway Cafe, repaired.

However it is a pity the contractors didn't remove all the dangerous jagged pieces of concrete, instead of throwing them on the beach.

Could be very dangerous to anybody or animal walking there. Where was the Health and Safety jobsworth?

**COLIN J. BLAKE,**  
Seaton

Send your letters to Francesca Evans at: **Pulman's View From Newspapers, Unit 3 St Michael's Business Centre, Church Street, Lyme Regis, Dorset DT7 3DB** or email them to [francesca@viewnews.co.uk](mailto:francesca@viewnews.co.uk)

Anonymous letters will not be published except in special circumstances. Letters may be edited to fit the space available. The views expressed in letters are those of the author and not necessarily of this newspaper.

If you would like to see what we do please call in any Wednesday afternoon between 2pm and 4pm, at No 1, Harepath Road, Seaton EX12 2RP where we will be happy to show you around, give you a cuppa and hear your suggestions and comments on ways we could improve the service that we undertake.

During the last year we were able to provide over 9,000 meals to people living in Seaton and district in crisis. If you need our help please come and talk to us on a Wednesday at the above address.

With many thanks,

**HUGH ROSE,**  
Chairman,  
Foodbank in Seaton & District

■ NHS Funding? No problem

When money is in short supply  
And our nurses and doctors few,  
The answer is, from those on high,  
We'll close the Hospital too.

**DEREK STURCH,**  
via email

■ THE fiasco of Townsend Avenue: after two years of phone calls and letter writing, the residents have been told that the very urgently needed resurfacing will be done and then we are told that it will not be done - with very little notice and poor excuses.

I am told that the latest plan is to slowly seal the road by hand. Hopefully this will go ahead in the not too distant future.

If not, fellow residents, perhaps consider a petition and withhold a portion of our Council Tax which has, after all, risen by four per cent.

**SARAH BEVAN,**  
Seaton

# Why aren't we flying the flag?

■ FIRST let me say thank you to *Pulman's View* for publishing the article on the front page [regarding why a flag isn't flown permanently in Seaton's Windsor Gardens].

This, I am pleased to see, has created a great amount of dialogue both verbally and in the printed word.

As member of the Seaton community for some three years now, I have noticed, with interest, the distinct lack of a flag flying from the fabricated flag pole in Windsor Gardens.

I had therefore, back in September 2015, asked the then town clerk why a Union Flag could not be flown?

The answer being: "EDDC own the site but contact the Royal British Legion for guidance."

I dutifully asked the RBL, and was asked to attend one of their meetings back in November 2015 and spoke with various members who informed me that a Union Flag had been raised for a period of time in the past and after a few days had been asked by 'others' to remove it.

With this information I contacted our MP, Neil Parish requesting his guidance.

Mr Parish was extremely helpful and a favourable outcome being that the EDDC, who manage Windsor Gardens, stating: "If the suggestion was

supported by Seaton Town Council, then we would have NO OBJECTION to the Union Flag being flown permanently from the flag pole by the town council".

It was discovered a town council meeting on May 23rd 2016, made recommendations (Agenda 8 44/16) for flying flags as publicised on the council's website as appropriate, then asking the British Legion to manage flag flying.

The occasional task, as reported, had been dutifully carried out by certain individuals.

The reader of this letter must now be thinking 'why not just fly the flag?'

Why not indeed? The council (local and district) are fine with the idea, and both the Department for Communities & Local Government and the College of Arms guidelines could be easily fulfilled, showing the correct RESPECT for a permanently hoisted Union Flag (i.e. overnight illumination).

Obviously compromises while

flying ANY FLAG have to be allowed for by the town council and residents alike, a few of which are ex-military people who would still like to strictly adhere to their past service flag flying protocols.

Just to clarify, there is no law or protocol of police stopping anyone flying a flag respectfully.

Flags are a very British way of expressing joy and pride - they are emotive symbols which can boost local and national identities and strengthen community cohesion.

I for one would be very happy to work with any groups, person or persons who wish to move this matter to a happy conclusion.

Therefore I, like others, await the carefully considered views of our elected town council.

On a lighter note it was refreshing to see the pirate flag fluttering during Carnival week.

**ERIC BOWMAN,**  
Seaton

■ On behalf of the PCC of Musbury Church, through your paper, I would like to thank all the businesses in Musbury, Axminster, Seaton and Colyton for their very generous donations of items and promises for our Silent Auction this week.

We made more than £1,600 which was absolutely fantastic and will help so much towards the maintenance of the church and other expenses we have to find each month. We are grateful to many people for their support. Thank to your paper for giving us publicity.

**KAY SHORT** (PCC secretary)

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# Students trek across West Dorset in



WITH route cards prepared, maps ready and rucksacks packed, students from both Wadham School in Crewkerne and Holyrood Academy in Chard headed off on expeditions around West Dorset last week for their Duke of Edinburgh Award.

The Duke of Edinburgh Awards qualifying expedition for Wadham pupils followed a previous practice expedition in Wareham Forest back in June.

Groups were dropped at Maiden Castle, Abbotsbury and Hardy's Monument. Tasks for the expedition groups varied from a "Survey of styles and fences in West Dorset" to "A video blog of the emotional ups and downs on a two-day expedition".

A spokesperson for Wadham said: "Walking conditions were nearly ideal; not too hot and just a little rain. Staff monitored progress, meeting the groups at busy road crossings and other way points."

The external assessor, Steve Marsh, from Frome College, met up with most groups during the walk on the Saturday to check the '20 Conditions' - the expedition criteria laid down by the D of E - were being met.

The spokesperson added: "The groups camped at Sea Barn Farm near the Dorset coast. Tents pitched and stoves burning, a variety of pasta dishes were prepared for hungry participants. As the sun went down the temperature dropped but not without sight of a spectacular sunset."

"The students awoke on Sunday to a beautiful sunny, wind free morning.

Groups made an early start and made their way to the final arrival points at Maiden Castle and Abbotsbury, undertaking activities on route."

All groups managed to complete the necessary five hours walking and one hour activity on both days and successfully reached their destination points.

The spokesperson finished: "This is the first time the school has taken 40 or so students on a qualifying expedition and are delighted to report that all participants have passed this element of the award. The next stage for the Wadham students is to give a group presentation of the tasks they undertook to school staff."

Mixed weather didn't hamper Holyrood's 47 enthusiastic trekkers on as they embarked on their final expedition as part of their Duke of Edinburgh award.

Leaving Thorncombe bright and early, all students braved the lashing rain to arrive at Monkton Wyld Campsite near Lyme Regis where they pitched their tents for the night. Warm sunshine greeted them the following morning for their return journey to Hawkchurch.

Mr Paul Reid, head of the Bronze DofE Programme at Holyrood, said: "All their practise paid off to result in a pass for all students. Everyone worked incredibly hard this weekend and I was absolutely delighted at their achievement. They now have the three other elements of the award to complete - skill, volunteering and fitness."

## The Ark Federation

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Primary School ...  
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8<sup>th</sup> November 2016 @  
9.30am**

Beeradmin@arkstcmat.org  
01297 20077



**All Saints CE  
Primary School ...  
Join us on Thursday  
10<sup>th</sup> November 2016 @  
9.30am**



AllSaintsadmin@arkstcmat.org  
01297 32761



## CHRISTMAS IS COMING....

### and it's time to enter the 2016 Great Lyme Regis CHRISTMAS PUDDING RACE to be held on saturday, december 3rd

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# Duke of Edinburgh expeditions

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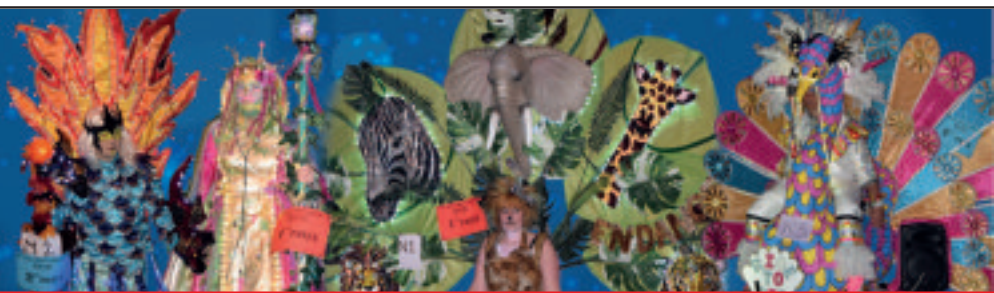
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# OTTERY ST MARY CARNIVAL

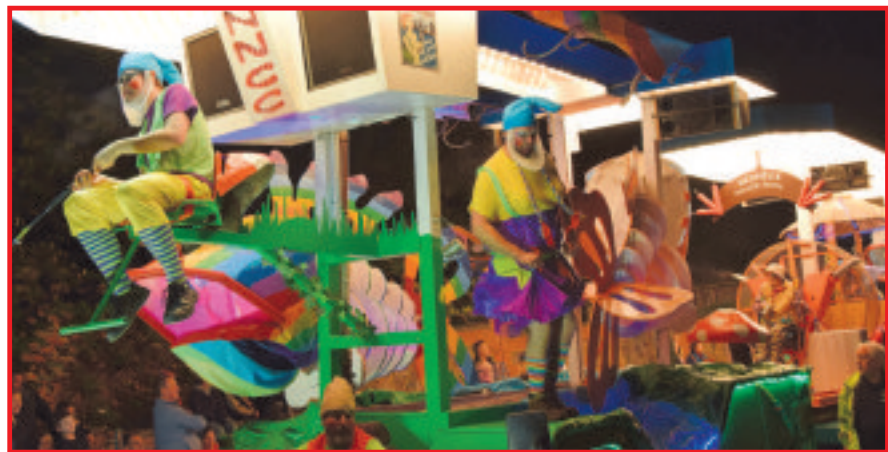
Saturday 29th October 2016



## DON'T MISS OUT ON THE CARNIVAL FUN!

THIS years Carnival will include lots of entries from far away as Ilminster and South Brent as well as local floats and local walking groups including Brownies, Rainbows, Youth Club and Community Theatre.

There will be collecting tins throughout town, please give generously.



### WEDNESDAY 26TH OCTOBER CARNIVAL QUIZ NIGHT

DOORS OPEN AT 7PM - STARTS AT 8PM

AT THE FOOTBALL CLUB

**£5 PER HEAD - TEAMS OF UP TO 6**

### GUY TRAIL

THROUGHOUT THE WEEK WITHIN VARIOUS  
SHOPS WITHIN THE TOWN



SATURDAY 29TH OCTOBER

## CARNIVAL

**2PM**

CARNIVAL CROWNING'S & CHILDREN'S  
FANCY DRESS COMPETITION

**FREE ENTRY - AT THE INSTITUTE**

RESULTS OF THE GUY COMPETITION &  
RESULTS OF THE CREATIVE BAKING  
COMPETITION

**7.30PM**

### CARNIVAL PROCESSION

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**9.15PM**

LARGE FIREWORK DISPLAY ON  
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## Lindy Parry Podiatrist / Chiropodist

I HOLD my private chiropody clinic at Townsend House Surgery in Seaton.

I offer a range of treatments from a simple nail cut to nail surgery, and each treatment plan is priced accordingly.

The nail cutting only service is a shorter appointment and is ideal for those that don't have any other foot care needs. Others like to alternate nail cuts with chiropody treatments as it best suits their requirements. I always aim to work with the patient to find the best treatment plan to suit each individual. Patients feet are then monitored during treatment so that changes can be made should the need arise.

Diabetic patients who attend for chiropody will also have a diabetic foot assessment carried out during their first treatment, and will then be monitored and re-assessed as necessary.

My chiropody clinics are available to anybody seeking help with their feet and Townsend House and I look forward to welcoming you.

Bookings can be made by calling 01297 22956.



**Lindy Parry**  
Podiatrist / Chiropodist  
(BSc Hons Podiatry, MChS, HPC Registration number CH26100)  
Townsend House Medical Practice Seaton  
To make a booking please call  
**01297 22956**

## Axminster Health & Wellbeing Centre

# Therapies of the Month...

### Healing Hands Massage

SANJULA uses Massage to release areas of stress and tension in the body and to bring the body back into balance.

Sanjula is an experienced Massage Therapist. She has a warm and friendly personality and is intuitive in her approach. She supports the individual to relax, open up and let go.

Bart de Greeve MD of Inner Vision endorses Sanjula's work ' Having Sanjula work in my company improved the physical health of my employees, their ability to concentrate over long periods. In general it brought more joy to the work environment.'

Make the most of Sanjula's current offer which is a full Massage for just £30. To book your treatment call Sanjula on 07926 447158 or email sanjula@hotmial.com

### Acupuncture with Val Davis

VAL Davis has been a therapist for 20 years. She originally trained in Therapeutic Massage and built up a successful practice in South Wales. She subsequently went on to study Traditional Acupuncture at the College of Traditional Acupuncture in Leamington Spa.

Val treats most physical and emotional health problems, such as back pain and sciatica, sports injuries, IBS, insomnia, headaches and migraines. She has undertaken additional training to treat addictions such as smoking and weight loss, fertility and IVF support, pregnancy management and childbirth, Facial Revitalisation Acupuncture (FRA) and women's health issues.

Val Davis can be contacted on 01395 578050 or 07870 881596. For more information visit [www.devonacupuncture.org.uk](http://www.devonacupuncture.org.uk)

### Forthcoming Talks, Workshops and Events

TRE (Trauma Release Exercises) Workshop - Saturday 5th November 2016. Book with Nandan O' Leary by calling 07825 447860 or email [nandanoleary@gmail.com](mailto:nandanoleary@gmail.com)

### Curry & Quiz Night

A fundraising Event for our community projects at Axminster Guildhall on Thursday 10th November 2016 from 7:30pm - 10:00pm.

Buy tickets from Archway Bookshop or Axminster Health and Wellbeing Centre £10 per person. Wishing Well cancer support - 2:30pm - 3:30pm.

Nutrition and Naturopathy with Liz Bray Thursday 10th November.

Prostate cancer with Jane Billing Thursday 17th November.

## Curry & Quiz

Thursday 10th November  
Axminster Guildhall  
7:30pm

Tickets available NOW - £10 per person  
Call 01297 32331  
Axminster Health & Wellbeing Centre

## IN THE BLOOD - IRON DEFICIENCY

by Lisa Salmon, Press Association

WHILE constant, crippling tiredness can sometimes be a sign of illness, in women, it could mean something far simpler - iron deficiency.

It's estimated around one in 10 UK women suffer from iron deficiency, yet many have no idea, even though their iron levels might be so low that their body's producing less red blood cells, meaning they have full-blown iron-deficiency anaemia.

This can have a significant impact, as iron plays an essential role in the production of red blood cells, which are responsible for carrying oxygen around the body, keeping our various tissues and organs in working order.

So if someone has iron-deficiency anaemia, less red blood cells than normal are made, so less oxygen circulates in the bloodstream - hence the fatigue.

### BATTLING ON

But while the symptoms - including tiredness, shortness of breath, palpitations and a rapid heart rate, headaches, paleness, hair loss and brittle nails - can have a significant affect, they're often ignored, or dismissed as an inevitable side-effect to our hectic, modern lifestyles.

Iron deficiency expert Professor Toby Richards, a consultant surgeon based at University College Hospitals London, points out that a survey of 9,000 women revealed the average female has symptoms of iron deficiency three to five years before seeing a doctor.

"When women seek help, it's often because they're so exhausted they can't get out of bed," says Richards. "They complain about poor hair quality and brittle nails - you need good iron levels to regenerate hair, so women might comb their hair after a shower and notice hair loss."

"It can be incredibly distressing, but the vast majority have no idea it's iron deficiency. It's so common and right in front of us that we ignore it."

### WHY WOMEN?

Richards says he tested 257 women doing a half-marathon, and found 17% had iron deficiency - yet nearly all of them were unaware of it.

A major cause is heavy periods or pregnancy (the body needs extra iron for the baby), while one in every 100-200 men has iron deficiency - normally because they have bleeding in the stomach from an ulcer, or an illness like coeliac disease, which makes nutrients, including iron, harder to absorb. Iron deficiency because of a lack of iron in the diet is rare in men.

A woman's body, meanwhile, contains 4-5 litres of blood, and while on average, 30-50ml is lost during menstruation, the one in four who suffer from heavy periods can lose 80ml - the equivalent of a litre a year.

"That's quite a lot of blood - the same amount you'd lose during major surgery," notes Richards.

### CREEPING UP

Heavy periods mean a woman can lose between 200-500mg of iron a year, but the body only absorbs 5-10mg a day through the diet.

"The balance is quite finely tuned," explains Richards, "so if you're not eating properly or you have heavy menstrual bleeding, then slowly and insidiously, iron deficiency creeps up on you."

"Heavy menstrual loss means you're losing a lot of iron, and the ability to absorb iron doesn't

necessarily catch up," he adds. "So you could be just deficient by a small amount, say 5% a year, and then suddenly - bang - you run out of iron stores and you become anaemic. At that point, you're 1,000mg of iron or more behind."

### FOOD STORES

The body contains stores of around 3,000mg of iron, with 5-10mg a day absorbed predominantly through dietary intake of iron-rich foods, such as red meat and fortified cereals.

There are two types of iron in food: haem (found in red meat, chicken and fish and easily absorbed) and non-haem (found in plant foods, such as leafy green vegetables, cereals, beans and lentils and dairy products, and less easily absorbed). Eating vitamin C at the same time as foods containing non-haem iron can aid absorption, although much greater quantities of non-haem iron foods need to be consumed to absorb the equivalent amounts found in haem-iron foods.

It's also important not to drink tea or coffee with meals, as they prevent absorption of iron from the gut.

"There's no substitute for a good quality, healthy balanced diet that's rich in red meat," says Richards. "Modifying the diet will sort out two-thirds of people with iron deficiency."

### EXTRA HELP

In some cases, however, dietary sources alone might not be enough.

This particularly applies for certain causes of anaemia, such as vitamin B12 deficiency (including the autoimmune condition pernicious anaemia) or sickle cell disease. However, iron deficiency is by far the most common cause of anaemia, and if left untreated, as well as having to endure the symptoms, it can make people more susceptible to illness and infection, as a lack of iron affects the immune system.

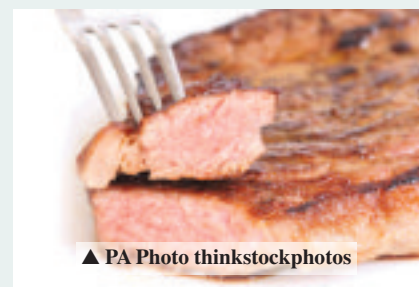
Fortunately, treatment's usually fairly simple - with the use of supplements, alongside dietary modifications.

While taking iron supplements can start to improve the number of red cells (haemoglobin) within weeks, making people feel better, Richards says it can take three to six months to restore iron levels to normal.

Another option is iron infusion; Richards runs the private Iron Clinic in London, where such infusions cost £650 for a half-hour treatment which completely replenishes the body's iron stocks.

"Most people have heard of iron deficiency and anaemia. It's so common, and people become accustomed to it," he says.

"There's a huge need to raise awareness of the symptoms - I think a lot of people are really suffering with it."



▲ PA Photo thinkstockphotos



# Health & Wellbeing

LOOK GOOD FEEL GREAT

## Body-Balance Nutrition

### Nutrition Facts and Information from Registered Nutritional Therapist Elizabeth Bray of Body-Balance Nutrition

WHAT are superfoods? Superfoods are nutrient dense foods that are beneficial to health, for disease prevention, strengthening the immune system, protecting cells from damage and inflammation, providing a delicious source of vitamins and minerals.



#### Superfoods: Bliss balls with Maca

200g walnuts  
50g almonds  
1 tbsp Maca powder  
3/4 tbsp. raw honey  
1 tbsp pumpkin seeds  
1-2 tbsp coconut oil  
pinch of sea salt  
10 Medjool dates (destoned)  
Optional bee pollen 2tsp

Soak walnuts & almonds in water (add just boiled water) for 2 hours, with ½ tsp salt. Drain and spread out on baking tray, dry in oven at 110 degrees C for 1 hour. Add all ingredients to blender and whizz together. Roll in to 1 inch balls and set in fridge for minimum 10 minutes - Then ready to eat.

Super food protein treat - a great snack and pick-me-up providing slow energy release.

Contact Elizabeth Bray at Body-Balance Nutrition for appointments and information on scientific laboratory tests available at the consultation: 01823 480570, [liz@body-balance.co.uk](mailto:liz@body-balance.co.uk), [www.body-balance.co.uk](http://www.body-balance.co.uk).

Appointments at Axminster Health & Wellbeing Centre and in Taunton.



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## Crewkerne Pharmacy

THROUGHOUT the week of 12th September 2016, Crewkerne Pharmacy are offering the local Crewkerne community the chance to visit their Pressure Station and have their blood pressure checked, as part of Blood Pressure UK's Know Your Numbers Week 2016.

Research shows that in the South Somerset area, 39.1% people have undiagnosed hypertension which puts their lives at risk. High blood pressure is largely preventable and is the biggest risk factor for stroke and heart attacks, yet so many people do not know their blood pressure numbers.

Pop in this week and have a chat with a member of the team if you have any concerns about your blood pressure. They will check your blood pressure free of charge and give you any advice necessary.

Crewkerne Pharmacy offer free tailored advice to ensure you are taking your medicines correctly – just ask about their Medicines Use Review, and they provide many valuable healthcare services to the local community including dispensing NHS and private prescriptions, emergency hormonal contraception, minor ailments service and smoking cessation. A wide range of over the counter medicines are stocked and they will dispose of any unwanted medication.

Sign up to the free NHS Medicine Manager Service and have your repeat prescriptions managed and delivered to your home or place of work, free 7 days a week.

The team at Crewkerne Pharmacy, situated in Crewkerne Health Centre, are ready to give you and your family all the advice you need to live a healthy life. Open early until late, 7 days a week. Monday to Saturday 7am to 10.30pm and 10am to 5pm on Sundays.



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## Healthy Feet

JANE qualified at Plymouth School of Podiatry in 1983 and since then has worked in both the NHS across the South of England and Cambridgeshire, as well as working Privately across Bridport, Beaminster and Cambridge. Jane has a broad range of Podiatry and Chiropody experience and specializes in the treatment of Foot and Heel Pain. Offering Appointments for both Adults and Children including treatments for all foot related Conditions.

Treatment options include the revolutionary 'Clearanail'. The pain free, inexpensive, non-invasive and most importantly effective solution to resolve discoloured, thickened and crumbling nails. Clearanail is a safe and painless and has been developed by professionals using controlled micro penetration. Creating micro pathways in the nail plate allowing deeper access to the areas of infection without damaging the nail bed beneath. Daily treatment is then applied after the initial process leading to healthy looking nails. Clients are seeing changes in a matter of two

or three weeks after spending years hiding their feet due to being ashamed of how they looked and trying to solve the issue with numerous alternative treatments. With only trained Podiatrists being able to offer this innovative new concept it is the sure stop to get your feet looking beach ready in time for the summer.



# Healthy Feet

Axminster Chiropody & Podiatry

Jane Clare M.Ch.S.Pod M

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## Val Davis Traditional Acupuncture

### Acupuncture can improve and maintain health and energy and enhance a sense of well-being

ACCORDING to traditional Chinese philosophy, our health is dependent on the body's motivating energy (qi) moving in a smooth and balanced way through a series of channels beneath the skin.

Acupuncture can affect the quality of qi, your body's vital energy, by the insertion of very fine needles into specific points along these channels. This stimulates the body's healing response and restores natural balance. Treatment is aimed at the root cause of your condition as well as your main symptoms. This approach helps with resolving your problem and enhancing your feeling of well-being. You may notice other niggling problems resolve as your main health complaint improves.

The type of conditions that I mostly see in my clinics include the following: arthritis, back pain and sciatica, poor circulation, low energy levels, hormonal/menopausal symptoms, pregnancy management, fertility problems, weight management, and addictions such as smoking.

However, you don't have to be ill in the conventional sense to benefit from acupuncture, sometimes people come to see me because they are feeling low, unwell in themselves, or maybe not sleeping as well as they would like to.

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**Val Davis, B.Sc., Lic.Ac., M.B.Ac.C.**  
(Member of British Acupuncture Council)  
(20 years experience)  
(01395) 578050  
[www.devonacupuncture.org.uk](http://www.devonacupuncture.org.uk)



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"I do a lot of home visits, and meet a lot of people and go to a lot of residential homes," Terry said. "I offer one on one service, at competitive prices." Prices are extremely competitive even for those with a limited budget. Terry also offers a denture repair service, while customers wait.

"As I work from home, I do offer service at weekends, if I am around." Based near Ashcot in Somerset, Terry can do home visits within a 25 mile radius of his home. For more information call 01458 210039 or cut out and keep this advertisement for future reference.



## KEEN TO DIP A TOE IN REFLEXOLOGY?

by Ella Walker, Press Association

FOR some, a good foot massage is total bliss, while others cringe at the mere thought of baring their feet, let alone having them touched.

Wherever you sit on the footsie comfort scale, treating your tootsies to some TLC goes much further than a pedi and polish...

The ancient art of reflexology has been practised for hundreds of years, throughout Chinese and Egyptian history, but was first called reflexology in 1913, by the American medical professionals, William H. Fitzgerald and Edwin F. Bowers.

But what is it and how does it work?

#### WHAT IS IT?

"Reflexology is a complementary holistic healing therapy that works your whole body system through your feet and also, on occasion, through your hands," explains trained reflexologist Sharon Walker. "A reflexologist will work along your feet, massaging particular reflex points which have been found to correlate and reflect other areas of the body - so the toes are linked with the head and brain, for instance, and so on."

#### HOW DOES IT WORK?

The idea is that energy points in the feet are revitalised through massage, which relieves tension elsewhere in the body, helping to minimise and ward off pain, discomfort and illness. "Working and massaging congested or 'crunchy' points found in the feet, can help release tension and pain in the corresponding point in the body, which can help rebalance you," explains Walker.

#### WHAT CAN IT TREAT?

Reflexology is used to help soothe physical as well as mental ailments. It's a way to find peace and calm mentally, as well as physically. "The fact you lie down for an hour, away from the stresses and strains of every day life, means reflexology is also great for settling yourself and finding a way to just 'be' in the moment, as well as being a great way to reboot your system," says Walker.

#### DO YOU HAVE TO VISIT A REFLEXOLOGIST?

It is, naturally, ideal to visit a trained reflexologist, however, "a great way to work these pressure and reflex points in the feet, without seeing a reflexologist specifically, is to walk barefoot, particularly on the beach," says Walker. "Doing that, all the points in your feet are worked equally, which explains why we often feel re-energised after a walk on the beach."

#### WHAT ELSE?

It's also been found through reflexology that the shape and colour of your feet can point to certain personality traits and health factors. For example, dry, cracked feet reveals dehydration, while patchy yellow and red skin on the feet can indicate signs of infection elsewhere in the body. "Traditionally, foot shapes have also been seen as ways to denote character types," explains Walker. "So, if your toes are bent, it has been said that means you may not reach your potential, while, if your second toe is longer than your big toe, emotionally you are prone to experiencing great highs and lows."

• Always consult your doctor if you are worried about any health symptoms.

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**Anne Roberts**  
Axe Valley Counselling

## Relationships: Will there be discontent this winter?

MOST relationships have times of discord or stress but with good communication and a genuine desire to make things better, issues can be resolved, relationships recover and couples move on more happily.

The problem becomes more serious when discontent intensifies - individuals battle each other to have their needs met and verbal and emotional missiles are stockpiled to be released at any moment of annoyance, disapproval or frustration.

Relationships can, and do, regularly, break under the strain of defensive behaviour, which can be either actively or passively aggressive. Hurtful or thoughtless actions can be used as ammunition and bickering can become increasingly unpleasant.

Some of the signs of a relationship in real trouble are when one or other partner becomes withdrawn, unable to express themselves and/or have a change in personality. This would suggest that a couple can't rectify the problems themselves and would benefit from professional, qualified help.

I am a fully qualified counsellor with over 20 years' experience of helping people with their relationships. If you feel you are at, or near this place in your relationship and would like help, contact me, Anne Roberts, Counselling South West, on t: 01297 301035 m: 07887 961954 email: info@couplecounsellor.co.uk: www.couplecounsellor.co.uk



▲ Anne Roberts

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## Samantha Davey Clinical Hypnotherapy

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PHOBIAS frequently begin in childhood or adolescence often as a result of a specific traumatic event, or learned from parents or siblings. The good news is that anything learned can also be unlearned. Samantha Davey, a registered hypnotherapist says "I help people overcome a wide range of phobias – everything from fear of flying, to fear of vomiting, to fear of public speaking. Whatever your phobia, you can be reassured of a sensitive and understanding approach."

Hypnotherapy is a safe, enjoyable and proven therapy that often leads to rapid results. Simple phobias can usually be resolved quite quickly, complex phobias may take longer. Letting go of your phobia can lead to transformation in many areas of life; beginning hypnotherapy could be one of the most empowering decisions you ever make.

Samantha offers a friendly, professional and supportive service in Seaton and Axminster. To book a free confidential consultation with no obligation call 07809 447720, or email info@hypno4freedom.co.uk

*Samantha Davey*

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## Bowen Therapy & Energy Healing

### WHY ARE YOU NOT HEALING?

I SEE MANY people these days with chronic pain patterns and often with a disillusioned sense of trying everything along the medical route & protocols.

So this begs the question of Why is it that we are not healing?

This is a big question with many answers but from an alternative point of view quite simply put the body we live in today was not designed for how the world has become and there are some significant ways in which we deeply struggle to meet all of its demands on a daily basis.

Just because we see all around us so many common illnesses or conditions like, depression, anxiety, sleeping difficulties, auto immune diseases, hormonal imbalance, weight problems, diabetes, Asthma, Irritable bowel, addictions, chronic muscular tension, back pain does not mean that this is the norm, what it indicates is that we have become seriously out of balance in relationship to ourselves and therefore to the world and others.

We have entered an age now where we must look at how it is that we manage our energies. The anatomy of our energy system is as detailed, complex and profound as our physical anatomy and can no longer be denied but instead considered and embraced as equally important as the physical examination when assessing why it is we are not healing and what it is we need to do.

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## TIPS FOR HEALTHY BONES

By Abi Jackson, Press Association

AS we age, bones tend to lose density, and conditions like osteoporosis, as well as osteoarthritis (causing stiff and painful joints), become more common.

While it isn't always possible to prevent these things entirely, there is a lot we can do to help our skeletons and supporting soft tissues stay in good shape.

Bones and joints play a huge role in our health and general wellbeing; they're key to keeping active and mobile, and yet can be highly susceptible to injury and pain, so keeping them healthy is vital.

It's well known that diet's important: calcium and vitamin D, for example, are essential for building strong bones, while omega-3-rich foods, like oily fish, are believed to help protect joints.

Supporting our skeletons goes beyond what we eat and drink, however. Here are some simple ways to keep those bones and joints in good nick...

### KEEP MUSCLES STRONG

Over the years, wear and tear can weaken joints and ligaments. While there are often things we can do to address specific problems - such as joint replacement surgeries and physiotherapy - one of the best things we can do is prevent problems from arising or worsening by keeping the muscles that support and surround our joints strong.

This takes the pressure off the more vulnerable bones and soft tissues of the joint, helping them stay healthy and pain-free. Swimming is an excellent exercise which works all major muscle groups without putting pressure on joints. Cycling is another good choice.

### DO SOME WEIGHT-BEARING EXERCISE

As excellent as swimming is, in an ideal world, it's wise to combine it with some weight-bearing exercise too, such as walking, dancing, or even doing steps up and down the bottom stair at home. Weight-bearing movement actively helps to build up bone strength.

Of course, overdoing it isn't going to help either, so build up slowly and speak to your physiotherapist or doctor for advice if you already have problems.

### STRETCH IT OUT

If stiff and painful bones and joints are an issue, often the last thing you feel like doing is attempting to stretch. However, there is evidence that keeping supple, and practising yoga and Pilates-based exercises, can help reduce pain and improve joint health.

Again, always check with a healthcare professional before starting any new exercise regimes if you have a history of health problems, and go gently and listen to your body - but making some simple stretches part of your regular routine could significantly ease problems in the long run.

### MAINTAIN A HEALTHY WEIGHT

Being underweight is sometimes linked to a higher risk of fractures and osteoporosis, while being overweight or obese can put extra pressure on joints, contributing to pain and stiffness. So, keeping to a healthy weight range can go a long way towards reducing problems like these.



# Health & Wellbeing

LOOK GOOD FEEL GREAT



## Michelle Hague Clinical Hypnotherapy

MICHELLE Hague says, Hypnosis really does work - and it has an impact on the brain, which can be measured scientifically, according to many, but one of America's leading psychiatrists. David Spiegel, from Stanford University, recently told the prestigious American Association for the Advancement of Science that he had scanned the brains of volunteers who were told they were looking at coloured objects when, in fact, they were black and white. He added that there were 'tremendous medical implications' and he envisaged people being able to manage their own pain and anxiety.

I am delighted to know that the people I have helped, using hypnosis in therapy down the years were not just putting it on to please me, more importantly, that those I have helped overcome fears and phobias, or change the symptoms of IBS or CFS; Insomnia or Stress and Anxiety were genuinely benefitting from the therapy I use, which combines clinical and cognitive behavioural hypnotherapy with mindfulness, using all the tool of my trade, I help people change their lives.

This research along with so much more evidence based data, confirms what professional hypnotists, such as myself, who teach clinical and medical hypnosis with the London College of Clinical Hypnosis and have been successfully using the techniques for medical, creative and motivational

purposes, have known all along - hypnosis has a genuine effect on the functioning of the mind, as well as the body.

Another area in which hypnosis works is pain control. In fact it is where hypnosis as we know it today all started, James Braid was a surgeon, who became famous for his use of hypnosis when performing surgery with some amazing results in the healing and recovery of his patients.

Much of the work I now do in my busy Axminster clinic involves the same basic principles. I ascertain what each individual really wants or needs to change, and using the power of suggestion and hypnosis (which is just an altered state of awareness) with no loss of control or sleep involved. It just remains to suggest to them to accept that they can do whatever it is they want to do realistically and feel even better than they are doing, alongside a little bit of ego boosting, the way this is done is the clever bit, but it isn't complicated, scary or anything odd, in fact, it's much like listening to a relaxing story with your eyes closed, but the intention is to drive change, so the suggestions are embedded in the story.

Do I succeed? It's not all about me. All I can say is that, many of those men and women who come to see me report back to me that they have improved and for some, their symptoms go completely, and they send their friends to consult me -

which is the highest compliment.

The other area in which, in my experience, hypnosis works well is in diminishing stress, irrational fears, anxiety and phobias - as well as issues with stopping smoking or overeating. For many, overeating and weight loss can be an ongoing struggle, if that's the case, maybe it's time to come and see me, there is no magic wand, no quick fix, but together we can make change happen, if it is really what you want to do.

For more information have a look at my website [www.takecontrolofyourlife.co.uk](http://www.takecontrolofyourlife.co.uk) or call me on 07761773563 to make an appointment to come and see if I can help you to take control of your life, and live the life you deserve.



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### THE EXPERT VIEW

Berkman says accurate diagnosis is key to knowing exactly what type of knee problem a physiotherapist is dealing with.

"Certain meniscal tears can block the normal movement of the knee joint and can cause further damage to the knee joint if not dealt with properly. Some of these cases will require surgery to prevent further damage or future deterioration of the knee joint. But the vast majority of our patients want to avoid surgery if they can get as good an outcome, or better through exercise.

"Knee pain or injury causes the knee muscles to switch off from working fully, these muscles should be supporting and protecting the knee joint. When these muscles stop doing their job properly the knee joint and menisci take even more pressure and stress. Getting the muscles surrounding the knee joint switched back on and firing correctly is key to successful recovery, as is regaining full flexibility in the knee joint and muscles."

### 3 EXERCISES FOR YOUR KNEES

Berkman recommends doing the following exercises if you have knee problems and says: "These exercises should be comfortable, if not seek guidance from a physiotherapist."

1. Cycling: In the early phase of rehabilitation, cycling is an excellent exercise as it strengthens the quadriceps and hamstring muscles that support the knee joint, without placing too much pressure on the load-bearing surface of the cartilage that's been torn. Cycling is excellent with helping to improve flexibility in the knee joint.

2. Inner range quadriceps: Sitting on the side of the bed with the affected leg straight out along the bed, make the knee as straight as possible, pushing the back of the knee down into the bed - you should be able to raise your heel of your foot off the bed while keeping the back of your knee down on the bed. Hold for 5 seconds, 20 times. Repeat as above, with the addition of turning your foot and knee outwards slightly so as to engage the Vastus Medialis (part of the quadricep muscle of the thigh).

3. Sit to Stand: Sitting on a chair with knees and hips aligned, squeeze a small ball between the knees with about 50% of your maximum power, to engage the muscles on the inside of the knees and thighs. Maintaining the squeeze, come to a standing position in a controlled manner, sharing weight equally between the painful knee and the unaffected knee. Maintaining the squeeze on the ball between the knees, slowly sit back down. Do 2 sets of 10.



## HOW TO BE NICE TO YOUR KNEES

By Kate Whiting, Press Association

AS Baz Luhrmann told us in his 1999 song, Sunscreen: "Be kind to your knees, you'll miss them when they're gone."

Some two million people around the world have surgery called knee arthroscopy every year to heal meniscal tears, damage to the crescent-shaped cartilage that cushions the knee joint.

But, according to researchers in Norway, exercise might be just as good at healing these injuries as surgery. They looked at 140 people whose average age was 50, one half of whom had arthroscopic surgery for degenerative meniscal tears and half who had exercise sessions for three months, followed by simple daily exercises at home.

After two years, the research team, led by Nina Jullum Kise, an orthopedic surgeon at Martina Hansens Hospital, found that knee-related quality of life for both groups was the same - and concluded that exercise therapy be given to middle-aged people suffering with meniscal tears.

Steven Berkman, chartered physiotherapist and director of BOOST PHYSIO ([www.boost-physio.com](http://www.boost-physio.com)), supports the findings and says: "On a daily basis our team work with several patients who have knee problems, who are trying to avoid knee surgery. Over the last 10 years, I have noticed the trend that knee surgeons here in London are more frequently referring patients with degenerative meniscal tears for physiotherapy exercise therapy, rather than surgery, in the first instance."



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With such a great range of styles to choose from and with surprisingly low prices, a kitchen from Alexander Paul Kitchens will bring your home a room that you'll love for years to come.

Alexander Paul Kitchens is part of one of Devon's premier interior style destinations. Founded in 1999 and based in the heart of the Devon countryside, Alexander Paul began as an antique retailer and restorer, growing as its reputation has transversed not only counties and countries but also continents.

Now with a dedicated showroom featuring beautiful farmhouse antiques, bespoke traditional and contemporary kitchens, and slate top furniture, flooring and worktops, Alexander Paul can be found at Unit 2, Fenny Bridges, Nr Honiton, Devon EX14 3GB, Tel 01404 851298. OPENING TIMES Monday - Friday 9am - 5pm, Saturday 9am - 1pm.



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DEVON Appliances was formed in 2013 as a sister company to PB Home Solutions of Seaton in Devon by Paul Bromfield, PB supply and install leading brands of kitchens, bathrooms & bedrooms throughout East Devon, West Dorset and South Somerset. This was the natural step to take as more and more customers were being supplied "White Goods" and appliances from PB's showroom in Fore Street. Consequently, a new Devon Appliances showroom was opened on Fosseway Park, just off Harepath Road in Seaton.

In 2015 Devon Appliances became members of Euronics thus being able to expand their product range enabling them to offer customers a greater range of appliances together with stable prices.

Devon Appliances hold a full range of white goods from major brands like Bosch, Neff, Siemens, Zanussi, Hoover, Blomberg, iRobot, Lec, Beko Etc and offer an installation and removal service together with free local delivery.

To get a better idea of what Devon Appliances can offer why not visit the showroom in Fosseway Park and have a look at our comprehensive range of products or visit our website at [devonappliances.co.uk](http://devonappliances.co.uk).

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Covering Devon, Somerset and Dorset, our 5,000+ customers, include Local Authorities, National Trust properties, main Contractors, Surveyors, Letting and Estate Agents, Solicitors, Hotel/Pub Chains, and the general house owning public (both sellers and potential buyers) who have benefitted from Sterling's professional, practical and quality advice and solutions.

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Before and  
(inset) after

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## DDIG



**Devon & Dorset Investment Group**

THIS month saw the exciting launch of a new monthly networking group in the historic town of Lyme Regis. The Devon and Dorset Investment Group (DDIG) has been set up by local property developers, Isabel Knight and Steve Colley, ([www.espritproperty.co.uk](http://www.espritproperty.co.uk)) with the aim of creating an environment for meeting, educating, connecting and collaborating with other local people interested in or already involved in property investment and property development.

Isabel (family in Beer and now resident in Seaton) and Steve (home town Plymouth) have recently moved back to Devon after 15 years living in France, building and renovating apartments and chalets in the Alps around Chamonix. The idea for DDIG came about from their desire to meet and collaborate with other local people investing in property in the area, and the recognition that there are few other property networking groups in East Devon and West Dorset.

The monthly DDIG meetings will provide a great networking environment and also the chance for attendees to learn about property investment and property development, exchange ideas and meet and connect with local experts able to help them fulfil their property aspirations. Local Lyme Regis Architectural Consultant Jim Larcombe will co host the meetings, and Lyme Regis Football Club have kindly donated their venue for the meetings.

DDIG meetings will be open to everyone, no matter how much experience or property they have, as long as participants are serious about becoming even more successful and willing to be inspired to take action.

The meetings will take place every third Tuesday of the month and each month there will be specific topics relevant to property investors, including up-

dates on the local property market and guest speakers who will share their expertise in the market. Rest assured there will be no one selling property at the meetings but there will be a chance to meet others and share opportunities in the local area.

The property seminar will begin at 7pm, however drinks and networking will begin from 6pm. If networking is new to you then don't worry, DDIG will make it easy and fun so that you can enjoy the positive effect of being with like-minded people and also benefit from the practical aspect of tapping into advice, expertise and contacts that you wouldn't otherwise be able to get hold of. Who knows you may find that you meet and make new friends!

So, why not come along to the next DDIG meeting at the Football Club in Lyme Regis on 15th November from 6-9pm: add to your existing property investing knowledge and skills, save yourself, time, money and effort by learning from the experts and build up your personal contacts in the property world. We will have Jim and Steve talking about property development, the inspiring Christeun Gartman sharing his story of getting into property with no money in, we will have another update from Peter Opie on finance options (a key subject for every investor) and Isabel will do another piece of work on building your plan for success.

The meeting is free to attend and there will be tea and coffee available and a bar for those who want something stronger.

Contact Heather Larcombe for more information about DDIG: email: [heather@jimlarcombe.co.uk](mailto:heather@jimlarcombe.co.uk) tel: 07824 861909.

[www.espritproperty.co.uk](http://www.espritproperty.co.uk)



For details call  
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or email

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## Greenshutters Nurseries & Garden Centre

GREENSHUTTERS Nurseries & Garden Centre is a family run business nestled in the heart of the Somerset countryside. It is open 7 days a week and stocks an extensive range of plants. The Garden Centre has completely changed in the last few years with the layout being completely re-designed. There are new entrances from the road and into the Plant Area and the old-fashioned wooden greenhouse has been restored to its former glory with its bright, white painted wood. Most of the plants are now on tables so you don't have to bend down to look at them and the layout has been designed to make the walk around the plant area enjoyable.

This year Greenshutters Garden Centre is stocking a much larger range of herbaceous perennials and roses, including new and unusual varieties. There is also a new range of quality garden benches dotted among the plants, so you are welcome to wander around the garden centre and take a rest as you go. You can even sit and enjoy the view over Taunton Vale and the Quantocks.

The business also incorporates EVERGREENHEDGING.co.uk, one of the largest stockists of evergreen hedging plants in the country. Thousands of plants are grown every year on the nursery

from small to large, mature hedging plants; the best sellers being Laurel, Leylandii, Photinia 'Red Robin' and Portugal Laurel. These are delivered locally or nationwide or can be collected from Greenshutters Nurseries and Garden Centre.

Greenshutters is run by Dr Roger Eavis, who bought the nursery in 1998 and the business has grown steadily every year since then. "We pride ourselves on good customer service and advice, good quality plants and I hope we have created a pleasant place to wander and enjoy the plants," says Roger, "We have a great team of staff who are always willing to help and give advice". Greenshutters Nurseries and Garden Centre is well worth a visit.

For more information visit their website at [GREENSHUTTERS.co.uk](http://GREENSHUTTERS.co.uk) or follow them on Facebook at [Facebook.com/GreenshuttersGC](https://www.facebook.com/GreenshuttersGC).



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## GO BATTY IN THE GARDEN

by Hannah Stephenson, Press Association

THEY may conjure up images of ghostly goings-on around Halloween time, but bats should be welcomed into our gardens.

So says RHS senior horticultural adviser Helen Bostock anyway, who is urging people to make their gardens a haven for these bird-like mammals, as Wild About Gardens Week approaches. This year, the week is focusing on supporting bats.

"Most of us are starting to grasp the idea that there are food chains, that gardens do have their own ecology, and if we start losing those higher up the food chain, including bats, that's not good news for the health of the garden.

"Moths are a big part of their diet, but they will also go for things that fly in dusk, like biting insects such as mosquitoes and midges. They will even go for beetles and insects on the wing. But they can pick off the odd insect if it's resting on a leaf.

"Pest species of moth that will also likely end up as bat prey include tortrix moths, nibbler of many ornamental plants, especially conservatory favourites such as citrus; codling moth, familiar to any gardener who has bitten into a maggoty apple, and leek moth, the bane of leek growers."

According to the Bat Conservation Trust, the presence of bats, whose numbers have declined over the last 50 years, is an indication of a healthy, insect-rich environment.

So, how can gardeners help boost bat numbers? The RHS advises:

- Plant insect-friendly flowers such as Michaelmas daisies - these will attract insects such as moths and make a 'bat feast'.
- Stop mowing a patch of lawn to let the grass grow long, creating a habitat for insect larvae.
- Retain mature trees in a garden; those with hollows can make excellent bat roosts.
- Start a compost heap; lots of bat prey will live in it.
- Put up a bat box or build your own.
- If space allows, build a small pond or water feature - midges and aquatic larvae are the favourites of the pipistrelle bat.
- Reduce light pollution which disorients bats - fit hoods to security lighting and only use low intensity garden lights.
- Avoid pesticides in the garden, especially insecticides that will reduce the prey of bats.
- In summer, keep cats indoors an hour before sunset when bats emerge from their roosts.

Wild About Gardens Week 2016 runs from October 24-30 visit [www.wildaboutgardensweek.org.uk](http://www.wildaboutgardensweek.org.uk)

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public by seeing to the safety and maintenance of these listed services and more. "No matter the size of the job, we will apply wholeheartedly to the best possible outcome".

Based in Seaton, Halcyon Landscapes have worked in the East Devon and South Somerset area for many years and have earned a reputation for thorough work and a professional approach. They welcome the opportunity to discuss your ideas and look forward to talking with you.

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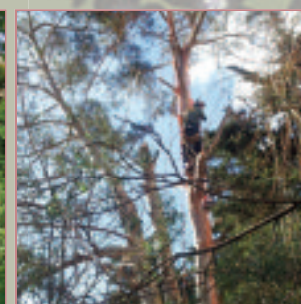
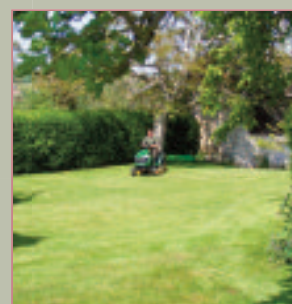
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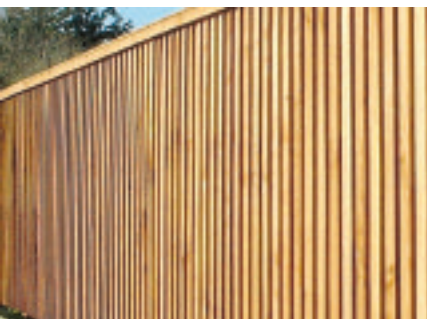
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## Eden Garden Fencing and Landscaping



AT EDEN Garden Fencing and Landscaping based in Seaton, Devon we have been building and installing quality Fencing, Gates and Decking, along with Landscaping, for some 15 years. This makes finding a Fencing Contractor simple by providing for all clients' requirements, large and small locally. The timber products side of Landscapers, Eden Garden Developments, offers a friendly, professional, integrated service and the Seaton, Devon base covers a 30 mile radius.

A timely example, given the present gusty conditions, is Garden Fencing, where this can be replaced or repaired, depending upon condition and the budget available. This can be either Close Board, Panel (with or without Trellis), Post and Rail or Picket Fencing. Eden Garden Fencing and Landscaping also supply and fit Gates (see insets). Whilst we take pride in installing robust and durable fencing products, "cost leadership" is still at the forefront of the business, whilst keeping quality and the principles of design foremost. Much of the work can be done during Autumn and Winter when the ground is less compacted and this time is also perfect for renovating the garden generally. So by Spring many garden improvements can be ready to be enjoyed.

There is now a dedicated Timber Products website, [www.edengardenfencing.co.uk](http://www.edengardenfencing.co.uk), giving examples of the range and quality of workmanship. Additionally, information can be obtained by calling 01297 23596 (mobile 07977 415446) or visiting the general web pages at [www.a1-environmental.com](http://www.a1-environmental.com)



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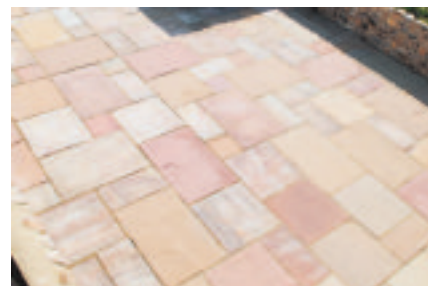
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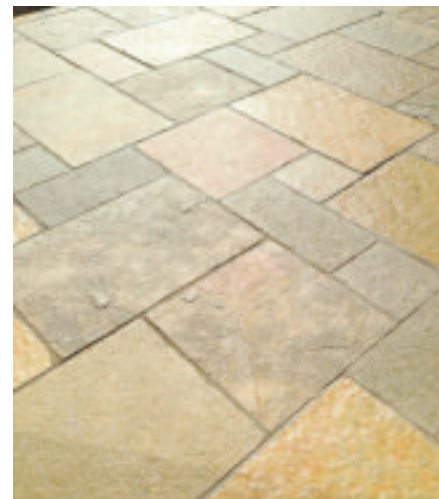
WESTCRETE is a small, friendly, family business that has offered a professional and dedicated service to trade and retail customers for over 50 years. Westcrete provides quality landscaping and building supplies as well as ready mixed concrete and screed for collection or delivery. Our comprehensive range of natural stone & concrete paving slabs are sourced from quality manufacturers, including an excellent budget range that offers great value for money! A beautiful range of natural limestone and sandstone paving ethically sourced, is also available at very affordable prices.

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Westcrete's excellent support service includes calculating quantities as required and giving advice to those wishing to do their own construction work.

Don't forget to check the Company's website [www.westcrete-ltd.co.uk](http://www.westcrete-ltd.co.uk) for their latest Special Offers, it also provides a useful selection of information and tips to customers from a beginners guide to laying a patio to technical advice.



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# Festive 2016 Fayre

*An 8 page guide to planning your perfect festive dining experience  
in East Devon, West Dorset and South Somerset*



## Broadwindsor Craft Centre

### Celebrate Christmas at Broadwindsor Craft Centre

THE Broadwindsor Craft and Design Centre has been situated in the heart of the West Dorset's beautiful rolling countryside for the past 29 years. Redundant farm buildings on the edge of the village were the starting point but today the Craft Centre is renowned for its excellence and quality.

The Centre boasts a large restaurant that prides itself on serving delicious home cooked food every day, using quality local produce. The Centre is open from 10am-5pm every day and the restaurant serves breakfast from 10-11:30am, lunch from 12-2pm and cakes and cream teas until 5pm.

Every day of the week you will find a selection of delicious hot dishes to choose from in the restaurant all served with salad or vegetables and potatoes. There are plenty of cold and light options available as well including ploughman's lunches, sandwiches and toasts.

Our restaurant will be serving Christmas lunches on Tuesday's and Thursday's, from November 15th until December 20th (Counter service). If you reserve a table for eight or more people, we will supply crackers and table gifts.

However, it's not all about the restaurant at the Craft Centre. The Christmas room is now open with lots of Christmas decorations, wrapping paper, advent calendars, toys, gifts, cards, food and drink and much more.

The main shop itself is like an Aladdin's cave, with shelves over owing with extra stock for Christmas. It's full of great gift ideas for any age group. Gift vouchers are also available for the main shop and the restaurant. A high tea or a cream tea

voucher makes a lovely gift for somebody special, or a shop gift voucher for that person who you just can't think what to buy.

As well as the main gift shop and restaurant, the Craft Centre is home to the Attic Gallery, featuring bespoke artwork created by talented local artists. You can also discover five other individual craft studios nestled in the two court yards. They include, Earth Design, Mingled Yarn, Malcolm Giladjan's art studio, Caboodle and Sophie Rose Soft Furnishings.

With a large free car park and disabled access to most of the Centre, come and visit Broadwindsor Craft Centre, enjoy a fabulous breakfast, lunch or tea and see the vast array of gifts available in the shops.

Take a look at our website [www.broadwindsorcraftcentre.co.uk](http://www.broadwindsorcraftcentre.co.uk) and follow us on Facebook.

Broadwindsor Craft Centre, Broadwindsor, Dorset, DT8 3PX. Tel: 01308 868362.



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# BROADwindsor

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& RESTAURANT

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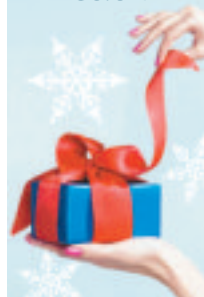
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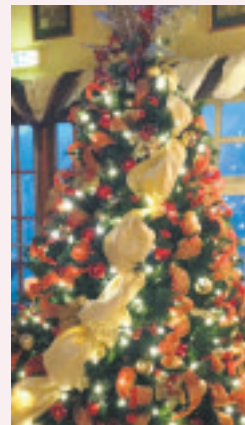
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## The Windwhistle Inn

THE Windwhistle Inn is fast becoming one of the most popular dining out venues in Chard and the surrounding areas. With its friendly and relaxed approach everyone is made to feel welcome at the Windy. Food is freshly prepared in our kitchen daily and with a Build Your Own Burger section and modern pub classics featuring on the menu, plus an ever changing specials board, the Windwhistle offers something for every person's pallet. Dietary requirements are easily catered for with many vegetarian and gluten free options available as standard. A recent re-decoration of parts of the building has transformed the venue who are well equipped to cater for large parties and well as more intimate occasions. With stunning views of Somerset from the gardens the Windwhistle is the perfect place for weddings or to just sit with a drink and take in the breath-taking scenery.

With Christmas fast approaching bookings are now being taken for both Christmas parties and Christmas Day. The Christmas Party menu will run every day in the run up to Christmas with no need to pre-order if you are a party of less than 10. The ever popular Tribute Act Christmas party nights are also being held on Saturday 3rd December (Michael Buble), Saturday 10th December (Robbie Williams) and Saturday 17th December (Elvis). Early booking for this is recommended. Christmas Day is always special at the Windwhistle but if you would like to join in the Windy' Christmas Day celebrations please book in as soon as possible - the day is well on its way to be full!



### The Windwhistle Inn

#### Christmas Party Menu

2 Courses £16 • 3 Courses £21  
Monday-Saturday throughout December

##### Starter Sharing Platters

Deep Fried Brie Wedges  
Sage & Onion Breaded  
Chicken Skewers  
Smoked Salmon  
Honey & Mustard  
Mini Sausages  
Cajun Spiced Sweet  
Potato & Pumpkin  
Seed Salad

##### Main Course

Roast Crown of Turkey  
Topside of Beef  
Slow Cooked Beef Brisket  
Nut Roast  
Seared Salmon Fillet  
with Chive Mash.  
Leek & Potato Tart  
Braised Shoulder of Lamb  
with Bubble & Squeak  
Potato Cake

##### Desserts

Triple Chocolate  
Cheesecake  
Pannatone Bread &  
Butter Pudding  
Custard Tart with  
Stem Ginger Ice Cream  
Port Poached Figs &  
Oranges with Salted  
Caramel Ice Cream

#### Christmas Day Menu

£55 Per Person (Children 11 and under £25)

##### Starters

Chicken, Bacon, Wild  
Mushroom & Leek Terrine  
Smoked Salmon with  
Lemon & Thyme Prawns  
Blue Cheese, Mulled  
Wine Poached Pear  
& Walnut Salad  
Spiced Lamb, Toasted  
Almond, Pomegranate &  
Roast Garlic Salad

##### Main Course

Roast Crown of Turkey  
Topside of Beef  
Slow Cooked Beef Brisket  
Nut Roast  
Roast Hake Fillet with  
Hot Smoked Salmon  
Potato Cake  
Spiced Lentil Scotch Eggs,  
Butternut Squash Puree  
& Curly Kale

##### Desserts

Bailey's & Malteser  
Cheesecake with Ice Cream  
Pannatone Bread &  
Butter Pudding  
Crème Brulee with Cherry  
& Almond Biscuits  
White Chocolate &  
Passionfruit Parfait  
Port Poached Figs &  
Oranges with Salted  
Caramel Ice Cream



The Windwhistle Inn, Cricket St Thomas, Nr. Chard TA20 4DQ | 01460 30229  
[thewindwhistleinn@hotmail.com](mailto:thewindwhistleinn@hotmail.com) | [www.windwhistleinn.co.uk](http://www.windwhistleinn.co.uk)



## The Anchor Inn

### FESTIVE CELEBRATION MENU

#### STARTERS

**Roasted parsnip, apple, honey & sage soup V** topped with a swirl of double cream and chives, served with white bread and butter  
**Chicken liver pate\*** with caramelised red onion & port marmalade and toasted brown bread  
**Crayfish cocktail†** with salad, house cocktail sauce, a lemon wedge, and brown bread and butter  
**Baked stuffed mushrooms V** stuffed with soft cheese in a white wine & cream sauce, served with garlic bread

#### MAINS

**Hand-carved British turkey** with roast potatoes, Yorkshire pudding, pig-in-blanket, rosemary, apricot & leek stuffing and turkey gravy  
**Slow-cooked beef rib\*** (£2 extra per person) on the bone, with roast potatoes, Yorkshire pudding, pig-in-blanket, rosemary, apricot & leek stuffing and red wine sauce  
**Slow-cooked duck breast\*** with roast potatoes, Yorkshire pudding, pig-in-blanket, rosemary, apricot & leek stuffing and red wine sauce  
**9oz lamb rump\*** served pink, with roast potatoes, Yorkshire pudding, pig-in-blanket, rosemary, apricot & leek stuffing and red wine sauce  
**Red apple & red cabbage roulade V** with a Brie cream cheese centre, roast potatoes, Yorkshire pudding, rosemary, apricot & leek stuffing and vegetarian gravy

*All of the above is served with Brussels sprouts, carrots, honey-roasted parsnips and braised red cabbage*

**Festive burger** a 6oz beef burger topped with a British 4oz pork burger, streaky bacon, Brie and a cranberry & BBQ sauce. Served with rosemary-salted fries and coleslaw  
**Oven-roasted cod loin†** topped with a sage & onion crumb, on a bed of buttered baby potatoes and fine beans. Served with a thermidor sauce, prawns, grilled lemon and chives



## The Anchor

Fore Street, Beer, Devon EX12 3ET Tel: 01297 20386

Book your Christmas party now  
Spaces still available for Christmas Day Lunches

Extensive menu including light bites, classics, salads, childrens, daily fish specials and more also available

#### DESSERTS

**Christmas pudding V** with custard  
**Gingerbread cheesecake V** topped with ginger caramel and chocolate nuggets. With whipped double cream and toffee sauce  
**Baked Kentish apple & mince pie crumble V** apples topped with a spiced mince pie oat crumble, served with custard  
**Triple-chocolate brownie V** served warm, with chocolate ice cream and chocolate sauce  
**British cheeseboard selection** (£1 extra per person)

**2 Courses £14.99 3 Courses £17.99**

## Reeds Restaurant

REEDS Restaurant in Colyford is the ideal place for your Festive meal from 2nd - 23rd December.

Open Tuesday to Saturday from 6.15pm, you'll receive a warm welcome for dinner whether it's just the two of you or for a larger group. Using local fresh ingredients, our Head Chef prepares all the food herself and has built an enviable reputation for her delicious food!

There's plenty of parking as well as accommodation for those who would like to stay overnight. Please see our website for further details and call 01297 553184 to make a booking.



## The Aviator Coffee Bar & Restaurant

THE Aviator Coffee Bar and Restaurant in Dunkeswell prides itself in offering a comfortable, high quality dining service.

There are beautiful views to enjoy across the airfield, while you sit back and relax in a modern space.

The Aviator's Christmas menu includes some tempting dishes. Starters include spicy roasted parsnip soup, king prawns in filo pastry and mushrooms in stilton sauce. Main courses on offer, other than the traditional roast turkey with all the trimmings, include rib of beef with black pepper & brandy sauce, creamy spinach & mushroom stroganoff, and poached salmon with parsley sauce. To finish, Christmas pudding, chocolate torte and cheese & biscuits are all on the menu.

Two courses cost £12.95 per person and three courses £16.95 (children's meals are £6.95 and £8.95 respectively). Pre-booking is essential – phone 01404 890009.

The Aviator also caters for weddings, functions and meetings. It also offers a very competitive range of outside corporate refreshments to suit your needs.

Regular events include live music, themed nights and parties.

The Aviator is closed on Christmas Day, the evening of New Year's

Eve and New Year's Day, but open for a Boxing Day carvery from 12noon to 3pm – again, pre-booking is essential. Opening times are normal between Christmas and New Year with the Thursday carvery going ahead as usual on December 29th from 5pm to 8pm.



## Reeds

RESTAURANT

Festive Dinner Menu

Traditional Prawn Cocktail  
 Lamb and Pearl Barley Broth, baked oregano & cheddar croutons  
 Cranberry and Brie crostini, pear & apple waldorf salad (V)  
 Brandy and Chicken liver paté, rocket, balsamic cream

~~~~~

Prosciutto wrapped Salmon fillet with hollandaise sauce, roast new potatoes and seasonal vegetables  
 Roast Crown of Turkey - chestnut, sage & apricot stuffing, pigs in blanket, duck fat roasties, roast parsnips, seasonal vegetables, rich homemade gravy  
 Roast Sirloin of Mature Beef - Yorkshire pudding, duck fat roasties, roast parsnips, seasonal vegetables, rich homemade gravy  
 Vegetable and Chestnut Loaf with cumin and coriander (V) - roasted tomato and garlic purée, wilted spinach & butter beans, roast new potatoes

~~~~~

Traditional Christmas pudding with brandy custard  
 Tia Maria and Chocolate Tiramisu  
 Apricot and Almond Tart served warm with cream  
 Berry Fruits and Meringue Christmas Mess  
 Tea, coffee and mints

2 Courses - £21.00 per person 3 Courses £27.00 per person

www.swallowseaves.co.uk

Swallows Eaves Hotel, Swan Hill Road, Colyford, Devon EX24 6QJ  
 Telephone: 01297 553184 Email: info@swallowseaves.co.uk

## The Aviator

Coffee Bar & Restaurant

Open from 9.00am seven days a week

### Christmas Menu

Monday to Saturday Lunchtimes

**Spicy Roasted Parsnip Soup**  
Served with ciabatta and butter

**King Prawns wrapped in Filo Pastry**  
Served with sweet chilli sauce and salad garnish

**Mushrooms in Stilton Sauce**  
Served with ciabatta and butter

**Traditional Roast Turkey**  
with all the trimmings

**Rib of Beef with Black Pepper, Brandy Sauce & Yorkshire Pudding**

**Creamy Spinach & Mushroom Stroganoff**

**Poached Salmon with Parsley Sauce**  
*All served with roast potatoes and seasonal vegetables*

**Christmas Pudding with Brandy Sauce**  
**Chocolate Torte & Cream**  
(gluten free)  
**Cheese and Biscuits**

Two Courses £12.95 Three Courses £16.95  
 Children £6.95 and £8.95

Pre booking essential, please call or email to request a booking form  
**Please telephone 01404 890009**  
 The Aviator Dunkeswell Airfield E14 4LG



## The Admiral Hood

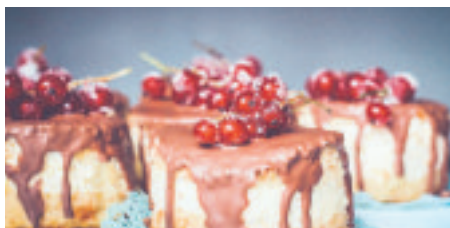
### Enjoy the festive season at The Admiral Hood

THIS Christmas is set to be a great one at The Admiral Hood in Mosterton, near Beaminster. Enjoy live music on Christmas Eve from the fantastic Dan Hamilton (formerly of Mathers Vinyard). Christmas Day itself there is no food, but they will be open for drinks from 12-2pm. The pub will be open all day on Boxing Day, and open as normal the rest of the festive season with food served from 12-2pm and 6:30 – 8pm.

The Christmas menu is always very popular with dates booking up fast. However, there is still space to celebrate on the evenings of Friday 9th, Saturday 10th, Saturday 17th and Friday 23rd December. You can enjoy a sumptuous three course meal including coffee for just £17.95 or two courses for £14.25.

There are also a number of lunch time dates available for the special Senior Citizens Christmas menu. These dates are Tuesday 6th, 13th and 20th, Wednesday 7th, 14th and 21st, Thursday 15th and 22nd and Friday 9th and 16th December. The three course menu is just £12.95 or enjoy two courses for £9.95, with both options including a coffee & mint to finish.

If you enjoy good pub food in a friendly atmosphere, then book your Christmas party at The Admiral Hood. For bookings call 01308 868338 or visit the website for a booking form [www.admiralhood.co.uk](http://www.admiralhood.co.uk)



## Eyre Court Hotel



### THREE courses for £25.95

#### Starters

Roasted French Onion Soup.

Potted Salmon Rillettes.

Chicken Liver and Chorizo Mille-Feuille.

#### Mains

Traditional Roast Turkey and Gammon with Pork, Sage and onion and Cranberry Stuffing, Pigs in Blankets, Roasted Potatoes, Parsnips and chefs Turkey Gravy.

Slow Braised Lamb Shank with Black Pudding mash and a Red current and Rosemary Gravy.

Pan Roasted Plaice Fillets with a Fresh Ginger and Spring Onion Cream Sauce and Crushed New Potatoes.

Mushroom, Leek and Three Cheese Tart with a Rocket and Pine Nut Salad and Crushed New Potatoes.

All served with Seasonal Vegetables.

#### Desserts

Christmas Pudding Strudel with Brandy Custard.

Raspberry Ripple Crunch Terrine with Whiskey Cream and hazel Nut Granola.

Jaffa Cake Pudding.

Taking bookings now.

Please phone 01297 21455.



## New Farm Restaurant

RECENTLY described on Tripadvisor as a "Hidden Gem", New Farm Restaurant is situated just off the A303 in the picturesque village of Over Stratton. Family run, with sisters Sue & Jane, Crispin and sons Ben & Jack they have built up a deserved reputation. All the food is homemade and freshly prepared on the premises using lovely local produce. The Festive season set price menu is no exception and is ideal for Christmas get-togethers. New Farm Restaurant is the place to be, celebrate with fine food and friends, local ales & Ciders and even wine, crackers on the table and carols in the air. Monthly Gourmet Nights are held on the 1st Thursday of every month, Italy for November 3rd and Thai for December 4th and there is a monthly Ladies Lunch on the 2nd Wednesday of the month.



## Felt Christmas Tree Ornament Tutorial

[www.buddlycrafts.com](http://www.buddlycrafts.com)  
Handmade by Josie Day

WHILST I love zooming up and down on my sewing machine, there's something about the shorter winter nights which makes me want to curl up in front of the fire with a hand sewing project and here's the ideal make - Funky little felt ornaments. They're perfect for hanging on your tree or adorning that special present. I've also included a free-standing version, offering up even more decorating possibilities for your dinner table or festive mantel!

Step 1. Trace around the wooden Christmas tree shape onto your green and brown felt and cut out the required number of pieces. You will need two green tree fronts and one brown trunk for each ornament. I used a light green felt which, combined with bright buttons, gives a really modern feel to the project. Should you prefer a more traditional theme, simply use a darker felt and scarlet buttons.

Step 2. Place the mini buttons into a pleasing arrangement and then stitch securely using matching thread.

Step 3. Using green thread stitch around the tree shape, inserting a burlap loop at the top and the brown trunk piece at the bottom.

Step 4. If you are making the free standing version, colour a craft stick with brown felt-tip pen and insert along with your stuffing.

Step 5. Insert the craft stick into a large wooden bead or wooden sewing bobbin.

Step 6. That's it! Now simply give your new handmade ornament pride of place amongst your other decorations!



**THE ADMIRAL HOOD**

**Christmas Menu**

Friday Evening 9th and 23rd December  
Saturday Evening 12th and 19th December

**3 Courses £17.95 / 2 Courses £14.25**  
including coffee & mint

**Senior Citizens Menu**

Tuesday Lunchtime 6th, 13th and 20th  
Wednesday Lunchtime 7th, 14th and 21st  
Thursday Lunchtime 15th and 22nd  
Friday Lunchtime 9th and 16th

**3 Courses £12.95 / 2 Courses £9.95**  
including coffee

Book early to avoid disappointment  
Please pre-order choices at least a week before your booking

Full menus and booking forms are on our website  
[www.admiralhood.co.uk](http://www.admiralhood.co.uk)

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Mosterton, Beaminster, Dorset, DT8 3HJ

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**Make it special**

\*Set Price Festive Menu  
\*Party Night New Years Eve  
\*Open Christmas Day

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**Tel: 01460 240584**  
to book your table

**New Farm Restaurant**  
Over Stratton, Nr South Petherton, Somerset  
[www.newfarmrestaurant.co.uk](http://www.newfarmrestaurant.co.uk)



## Marvellous Mince Pies

### Ingredients

350g/12oz high quality mincemeat, preferably home-made  
200g/7oz plain flour, sifted  
40g/1½oz golden caster sugar  
75g/2¾oz ground almonds  
125g/4½oz unsalted butter, diced  
1 large free-range egg, beaten  
milk, to glaze

### Preparation method

1. Lightly butter a 12-hole pie or patty tin. Tip the mincemeat into a bowl and stir so that the liquid is evenly distributed.
2. Place the flour, sugar, almonds and butter in a food processor and process briefly until resembling breadcrumbs, then slowly add the egg through the feeder tube. (Or rub the butter into the dry ingredients by hand and stir in the egg.)
3. Bring the mixture together with your hands, wrap in clingfilm and chill for an hour or so. Thinly roll out the pastry on a floured surface. Cut out 12 circles with a fluted pastry cutter, large enough to fill the base of the prepared tin. Press gently into each hole, then fill with the mincemeat.
4. Cut out another 12 slightly smaller discs and use to cover the mincemeat. Press the edges together to seal. Make a small slit in the top of each, then brush lightly with milk. Chill for about 30 minutes. Meanwhile, pre heat the oven to 200C/400F/Gas 6.
5. Bake the pies for 20 minutes until golden brown. Remove to a wire rack and serve warm.



## Symondsbury Estate Christmas Market



THE Symondsbury Estate Christmas Market is now in its fourth year, and this year takes place on Saturday 3rd December from 10am until 7pm.

Expect to find locally produced food and drink such as chutneys, cheeses, cider and wine on offer, as well as unique, vintage, upcycled and hand crafted items on sale.

This year, we will be introducing a "Secret Present Service": a pop up shop will be in the Old Pottery to enable children to secretly buy affordable presents for their families. Adjacent to the secret shop will be Santa's grotto, where the big guy will be available for children to meet at specific times.

Symondsbury School will be entertaining visitors with carols along with the St Swithuns Brass Band. There will also be some interactive games to keep the little ones entertained. Symondsbury Kitchen will be providing refreshments throughout the day, and there will be outside food and drink outlets to include mulled wine, cider & burgers and a fully licensed bar in the Tithe Barn. A variety of retail and artisan units will also be open in Manor yard for some original Christmas gift ideas.

## CHRISTMAS MENU

**FIRST COURSE**

CHICKEN LIVER PARFAIT, RED ONION MARMALADE & TOASTED SOURDOUGH  
SMOKED SALMON, HORSERADISH CRÈME FRAICHE, & ROASTED BEETROOT  
SPINACH & RICOTTA ROULADE & SUN DRIED TOMATOES  
SPICEY CURRIED PARSNIP SOUP WITH RUSTIC BREAD

**MAIN COURSE**

TRADITIONAL CHRISTMAS ROAST WITH LOCAL TURKEY & ALL THE TRIMMINGS,  
THYME ROASTED POTATOES AND SEASONAL VEGETABLES  
WELLINGTON OF BUTTERNUT SQUASH WITH CHESTNUTS, THYME ROASTED POTATOES &  
SEASONAL VEGETABLES  
PAN FRIED SEA BASS, ROASTED FENNEL & VINE TOMATOES WITH CREAMY POTATO MASH  
SLOW COOKED CASSEROLE OF VENISON, DAUPHINOISE POTATOES & SEASONAL VEGETABLES

**PUDDING**

TRADITIONAL CHRISTMAS PUDDING WITH BRANDY SAUCE  
CLEMENTINE & CRANBERRY PUDDING WITH GINGER STEM CREAM  
RICH CHOCOLATE TORTE WITH CHANTILLY CREAM  
SELECTION OF LOCAL CHEESE WITH HOMEMADE OATCAKES & SK CHUTNEY

BOOKING ESSENTIAL - THURSDAY AND FRIDAYS ONLY  
FLEXIBILITY ON DAYS FOR PRIVATE PARTIES OF 10 OR MORE  
2 X COURSES £20  
3 X COURSES £25

WWW.SYMONDSBURYESTATE.CO.UK - 01308 538309  
CAFE@SYMONDSBURYESTATE.CO.UK

## Symondsbury Estate Christmas Market 2016

AT MANOR YARD, SYMONDSBURY, BRIDPORT DT6 6HG  
**SATURDAY 3RD DECEMBER**  
**10AM - 7PM**

SANTA'S GROTTO, CAFE, FARM SHOP, CAROL SINGING, MULLED WINE AND  
A VARIETY OF STALLS SELLING A FABULOUS ARRAY OF CHRISTMAS GIFTS!

**FREE PARKING & FREE ENTRY**

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## Christmas Party Night

**SATURDAY 10TH DECEMBER**

PROSECCO ON ARRIVAL • 3 COURSE MEAL • ENTERTAINMENT  
**£49.50 PER PERSON**

BOOKINGS IN ADVANCE ONLY • THE TITHE BARN

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RAY Pisani opened his stylish and contemporary restaurant, nestled just off the square in Axminster, almost three years ago. The business, which is named after the acclaimed chef and his business partner and long-time friend Franco Pisani, as they coincidentally share the same surname, has continued to gain a reputation for exquisite food served within the calm and comfortable town centre oasis.

Originally from Malta, Ray followed in his father's footsteps and started cooking at the tender age of six. The family owned a busy restaurant on the island and Ray began to learn his craft along with how to best manage a popular business.

"At that time a bread roll, a bottle of coke and a plate of chips worked out to about seven and half pence in today's money," Ray said.

A keen fisherman, the culinarian honed his skills as a teenager, cooking his catch and learning how to best use the traditional Maltese ingredients and

methods.

Ray made the move to the UK in 1984 and started work as a sous chef in Cardiff. After very quickly working his way up to a head chef position, the friendly foodie soon decided it was time to strike out on his own and opened his first restaurant with just £25 to his name. With steely determination and an energy and enthusiasm for his cuisine, he quickly became a huge success, gaining numerous accolades and cooking for a whole host of celebrities, including Tiger Woods, Les Dawson and the cast of Are you being Served?.

After moving to the Devon town in 2013, Ray has fast become something of a local celebrity and loves being close to the sea and the countryside while immersing himself in all aspects of the local community.

The restaurant is open throughout the day and has many regular customers. It also opens at 5pm in the evening, so is an ideal pit stop for a pre-shows meal, with the Guildhall just a stones throw away.

The Mediterranean cuisine is prepared to order with locally sourced ingredients where possible and with a vast array of daily specials, offers something for everyone.

Ray said: "It's genuine food, real food and everything is fresh and cooked to order. Everything originates from the Mediterranean style of cuisine, with the seafood dishes perfected from years of catching fish and experimenting with fresh ingredients."

Be in with a chance of eating for free at Le Pisani!

Once a month on a day of Ray's choice, the entire restaurant will receive their meals FREE\*. All you need

to do is book a table by 5pm that evening.

Ray said: "I wanted to give something back to the community and thought this was something people would really enjoy."

## Be in with a chance of eating for FREE at Le Pisani!

Once a month on a day of Raymond's choice, the entire restaurant will receive their meals FREE\*. All you need to do is book a table by 5pm.

\*not including drinks. Table must be booked before 5pm. Ray chooses the day and no alternatives will be offered.





# Le Pisani

café • restaurant • bar  
www.lepisani.com  
01297 631697

Our  
Lunchtime  
menu offers  
all meals at  
under £10!

## Le Pisani

café • restaurant • bar

90% of our  
menu is  
Gluten Free  
Please ask for  
more details

Experience some of Le Pisani's  
finest dishes.

Why not start with a delicious first course,  
from Deep Fried Brie served with French  
toast and cranberry sauce to warm  
Mediterranean breads and olives served  
with balsamic vinegar and olive oil.

### STARTER

#### Scallops £7.50

Locally hand-dived Lyme Bay  
Scallops delivered live to ensure  
an exquisite, fresh and  
flavoursome taste.

### MAIN

#### Hake £15.95

Its mild flavour is often  
underrated but offers a subtle  
alternative to cod with the firm  
and meaty flesh pouched in an  
authentic Sicilian sauce.

All fish and meat arrive fresh and local, except our whitebait and prawns,  
which arrive frozen. These can be pre-ordered fresh at a further cost.

Majority of main meals are available as a child's portion at half price. Excludes steaks.

#### Pasta Carbonara £11.95

Served Italian style with bacon,  
mushrooms and onions, in a rich creamy  
parmesan sauce.

#### Lamb Chunk £15.95

12 oz rump selection, cooked with spring  
onions, peppers, oyster mushrooms and  
black grapes in a red wine sauce.

#### Chicken a la Greque £14.95

A fresh chicken breast wrapped in bacon  
and covered in a rich creamy leek and  
cheese sauce. Topped with a sprinkling  
of aromatic pink peppercorns.

#### Homemade Ravioli £12.50

With a filling of ricotta cheese, spinach  
and Parmesan cheese, served in a fresh  
sage, Parmesan and cream sauce.  
Also available served with a spicy  
tomato and basil sauce

#### Ribeye 12 oz £19.95

Cooked to your liking, served with fresh  
onion rings, garlic mushrooms and a  
grilled tomato. A homemade steak  
sauce is also available.

All dishes are served with a choice of  
chips, sautee or new potatoes

## THE ITALIAN JOB

Take away Pizza - 01297 32460

**Special Deal:** Pasta or one 12" Pizza with the choice of 3 toppings  
selected by you, and one bottle of the finest house wine £15  
with free home delivery\*

Margarita Pizza  
& 3 toppings £10.50

Pepperoni Sausages, Spicy  
Chicken, Beef, Salami Milano,  
Ham, Bacon, Tuna, Prawns, An-  
chovies,  
Artichokes, Mushrooms, Onions,  
Pineapple, Sweetcorn  
**Extra Topping 95p**

### Drinks (2L)

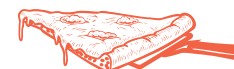
Bottle of Fanta £2.00  
Bottle of Sprite £2.00  
Bottle of Coca Cola £2.00  
Bottle of Diet Coco Cola £2.00

### Pasta Dishes £9.95

Lasagne, Bolognese,  
Primavera (Vegetarian),  
Carbonara, Salmone, Marinara

### Extras

Onion Ring £1.50  
Chips £2.00  
Mixed salad £2.00  
Garlic Bread £2.00  
Bruschetta (Tomato &  
Cheese Melt) £2.50



\*within an 8 mile radius

## CHRISTMAS MENU

**Traditional Christmas Turkey  
or Vegetarian Roast Wellington**  
With all the trimmings and rich roast gravy

Our main restaurant menu and specials will also be available

During December all meals will include Christmas  
Crackers and Christmas Poppers

### TAKING BOOKINGS NOW FOR CHRISTMAS PARTIES

Parties can book up to a capacity  
of 50 people within the restaurant  
and up to 70 people throughout  
the front of house.

## Joe DeLucci's

GELATO

### Gelato Italian

Ice-cream handmade in Turin, Italy, for a  
traditional taste, from a choice of  
strawberry, vanilla, chocolate, rum & raisin,  
mint choc chip, mango and much more.



## Traditional Sunday Roasts

served with all the trimmings - a perfect way to end the weekend.

### Starters - £3.95

Garlic Mushrooms, Lemon Chicken, Duck Pate

### The Roast - £10.95

Ribeye Beef, Chicken, Gammon, Pork, Lamb, Turkey  
All roasted fresh that morning, all roasts served with a giant  
homemade Yorkshire pudding

### Dessert - £3.95

St Honore, Lemon & White Chocolate Cheesecake,  
Blackcurrant Florette, Lemon Meringue Pie,  
Chocolate Sponge Pudding, Syrup Sponge Pudding



\*Not including table drinks. Table must be booked before 5pm. Raymond Pisani chooses the day and no alternatives will be offered.

We serve food until 10pm from Monday to Saturday and until 3pm on Sunday. All prices include VAT at the current rate. All tips are retained by our team members. Some of our fish dishes may contain small bones. All our food is prepared in a kitchen where nuts, gluten and other allergens are present and our menu descriptions do not include all ingredients - if you have a fish allergy, please let us know before ordering. Full allergen information is available, please ask a team member for details.



## Lyme Bay Pizza

WELCOME to Lyme Bay Pizza. This month we will be launching our winter menu with all new dishes on there and some of the old favourites. We like to keep our menu fresh and interesting to all our regular customers working with the same ethos of, contemporary ingredients and combinations with big flavours at competitive prices. We have also now perfected our gluten free base so you can now enjoy all of our pizzas even if you can't have gluten.

If you're looking for a venue for party we have looked after many events over the past year from 60th birthdays to student evenings. We can cater for buffets, sit down meal of a bespoke menu for 1, 2 or 3 courses or pre order from the menu. There is a fully licenced bar where we have a range of beer, ciders and ales, wine, spirits and soft drinks.

As the winter draws in and as it gets colder we have invested in some outdoor

heating to go with the blankets we already have so you can enjoy the best views of the bay in comfort, as long as it's not raining!

This year fireworks night in Lyme Regis is on Saturday 5th November. We can offer a great venue to watch from as we are situated on the seafront and why not combine that with dinner and drinks. We cater for all ages with our children's menu and allow dogs on our terrace. So book now as space is limited.

We are now taking bookings for Christmas parties. 2 Courses £15.50 3 Courses £19.00 with a glass of prosecco, coffee and mince pies. Choose from any of our starters & desserts and any main course from the menu or Christmas specials.

Keep a look out on Facebook, Twitter and the website for promotions and special offers.

Call us on 01297 442699 29 or visit our website at [www.Lymebaypizza.co.uk](http://www.Lymebaypizza.co.uk). Marine parade, Lyme Regis Dorset DT7 3JF



CHRISTMAS AT

**LYME BAY PIZZA**

EST. 2018

2 COURSES  
£15.50

3 COURSES  
£19.00

WITH A GLASS OF PROSECCO, COFFEE AND MINCE PIES

CHOOSE FROM ANY OF OUR STARTERS & DESSERTS AND ANY MAIN COURSE FROM THE MENU OR CHRISTMAS SPECIALS

29 MARINE PARADE, LYME REGIS, DORSET DT7 3JF

01297 442699 • [LYMEBAYPIZZA.CO.UK](http://LYMEBAYPIZZA.CO.UK)

## Make your own Super Santa Cupcake

Preparation time 30 mins Cooking time 25 mins • Makes 12 cupcakes

### Ingredients

For the Cupcake

200g Unrefined golden caster sugar  
200g Butter (unsalted) softened • 3 eggs  
200g Self-raising flour • 1 tsp Vanilla extract

### For the Father Christmas Topper

250g each of Sugar paste icing in red, chocolate, white & black • 60ml Water • Apricot Jam

### Preparation method

1. Preheat the oven to 180°C (160°C fan, gas mark 4) and line a 12 hole cupcake tin with cases.

2. Cream together the butter and sugar until pale and fluffy, then add the eggs one by one mixing in well in between then add the vanilla extract. Fold in the flour then spoon into the cases.

3. Place in the oven for 20-25 minutes or until golden and a skewer come out clean.

4. To make the father christmas cake topper, use the red sugar paste icing and roll out a ball about 5cm in diameter then flatten the base. Next roll out a sausage about 10cm long and 1.5cm diameter for his arms and finally make a cone shape for his hat and squash the pointed end over to one side.

5. Take some of the white icing and a little of the red and roll them together until the red blends in to give you a pink colour for his head.

6. Next take some black icing and roll 2 small balls for eyes, 2 larger balls for his gloved hands and then roll out a little for a belt.

7. To assemble, use a little water to glue the black belt onto the red body. Next finish the

arms by attaching the black hands to the ends of the red 'sausage' shape. Then roll out some of the white icing until is around the end of the arms for his cuffs, using some water to glue. Then cut the arms leaving a diagonal edge. Attach these using a little water, squashing the arms around the body.

8. Next make a small ball using the white icing for a pom pom and attach to the top of the hat.

9. To finish, cut a disc of white icing and cut out a small edged piece for his beard, and 2 smaller pieces for his moustache. Make a small ball using red icing for nose. The attach 2 small balls of white icing and small black icing balls for his eyes.

10. To decorate your cupcake, roll out some chocolate icing and cut into disc, place this on the cake using some warm apricot jam to stick. Then place the jolly father Christmas on top.



Winstons

Christmas Menu 2016

**Classic Winter Vegetable Soup**  
with warm Crusty Bread & Butter

**King Prawns cooked in a Garlic Butter**  
with a Seasonal Salad

**Deep Fried Breaded Brie**  
with a Cranberry Compote & Salad

**Duck & Orange Pate**  
with Melba Toast, Salad & Chutney

**Stilton Stuffed Baked Field Mushroom**  
with a Cheese and Herb crust, on a Bed of Rocket Salad & Balsamic reduction

\*\*\*\*\*

**Classic Roast Turkey**  
with all the Trimmings, Roast Potatoes & Vegetables

**Chestnut, Spinach and Blue Cheese on croute**  
with Roast Potatoes & Vegetables

**Roasted Belly Pork**  
with Wholegrain Mustard Mash, Red Wine Shallot & Vegetables

**Slow Roasted Lamb**  
with Roast Potatoes & Vegetables

**Pan Fried Fillet of Salmon**  
with Wilted Spinach, Roasted New Potatoes & a Lemon Parsley Sauce

\*\*\*\*\*

**Classic Christmas Pudding**  
with Brandy Sauce

**Lavender Creme Brulee**  
with a Shortbread Biscuit

**Lemon & Lime Cheesecake**  
with Mango Sorbet

**Raspberry and White Chocolate Torte**  
with Double Cream

**Irish Cream Chocolate Pie**  
with Vanilla Bean Ice Cream

**Two Courses £15.95 Per Person – Three Courses £19.95 Per Person**

*Please speak to a member of staff if you'd like a menu and booking form to take away*

**Call us on 01297 20494 or pop in to book your Christmas meal**



THE ULTIMATE LEISURE GUIDE FOR  
EAST DEVON & SOUTH SOMERSET

# View 2



## STRAIGHT OUTTA CRUTTENDEN

Hal Cruttenden brings his hilarious  
show to the Marine Theatre

See page 40



# Diary Dates

**TUESDAY, OCTOBER 25TH**  
**SIDMOUTH:** Tea Dance at All Saints EX10 8ES, 2.30pm  
**SEATON:** Cooking For One Demo with HALFF (Health and Local Food for Families), 11am-1pm. Free healthy cooking demonstrations giving hints and ideas for cooking for one and covering nutritional advice for type 2 diabetes, heart disease, high blood pressure and modified diets (eg puree/fork mashable). At the United Reformed Church, Cross Street, Seaton EX12 2LH. No need to book, just turn up, it's free. Call Laura on 01297 631782 for more information or email laura@halff.org.uk.

**CREWKERNE:** Computer Drop-in - Questions answered and help provided. 10am to 12 noon at Henhayes Centre, E2/E3.

**CREWKERNE:** Tuesday Welcome Group at Henhayes Centre. £2.50 incl coffee per session. For people 50+ who like to meet other people and enjoy a few activities like painting, pottery, music, quizzes and occasional bingo. Transport can be arranged (£3.00) and members usually stay for a cooked lunch priced at £6.00 including tea or coffee. Please call 01460 74340 for further details.

**CREWKERNE:** Henhayes Knitters at Henhayes Centre. Come and enjoy a knit and natter afternoon and make items for yourself or for sale at the Centre. 2 - 4pm

**COTLEIGH:** Unique Halloween Baking, with Wendys Cookshop (Aprons and all Ingredients Included £4.00 per person) Cotleigh Village Hall 6.30-9pm, contact 01404 45940 to book

## WEDNESDAY, OCTOBER 26TH

**UPLYME:** Uplyme and Lyme Regis Horticultural Society meeting in Uplyme Village Hall at 7.30pm has the topic Wild Flowers of East Devon. Our speaker, Mike Lock of the Axe Vale Conservation Society has a wealth of knowledge of our local flora, and will be able to show us pictures of many local plants, including some rarities. Members free, visitors £3 and tea/cakes will be available.

**CREWKERNE:** Bingo - Cash prizes - "eyes down" at 2.30pm at Henhayes Centre.

## THURSDAY OCTOBER 27TH

**NEWTON POPPLEFORD:** American Square Dance class at the village hall, weekly on Thursdays, 2 - 4 p.m. starting 8th September. £2.50 per session including tea/coffee. Come and give it a try. You don't need to bring a partner. Contact: Jean 01395 568155

**CLAPTON:** Clapton & Wayford Village Hall AGM will take place at 7.30pm. Lottery funding has recently been received in order to construct 3 disabled parking bays and install a hearing loop, which it is hoped, will enhance the viability of the hall for the wider community. These additional facilities have now been completed and will be demonstrated during the AGM. This will be followed by cheese & wine when any questions may be asked/suggestions for the future made. Please try to attend to find out how the hall has progressed over the past year & if possible offer your services to help keep this valuable asset alive. New residents particularly welcomed; ring Mary for further information (01460 74849)

**HONITON:** Honiton History Society meeting on in the Methodist Hall, Chapel Street, Honiton at 7.30pm. The speaker will be Dr Todd Gray MBE and his topic will be 'Reputations and Slander in Elizabethan England' (or how to swear like an Elizabethan!). Visitors welcome £2.

**CREWKERNE:** Over 50s Keep Fit - 10am to 11am at Henhayes Centre. £2.50 for members/ £3.50 for non-members.

**CREWKERNE:** Physio Fit - 10.30 am to 11.45 am at Henhayes Centre. £2 for members/ £3.00 for non-members.

**CREWKERNE:** Short Mat Bowls. 2 - 4.30pm at Henhayes Centre. New members welcome, come and give it a try.

## FRIDAY OCTOBER 28TH

**SEATON:** Free Cooking Demonstrations For Heart & Diabetes with HALFF (Health and Local Food for Families). 10.30-12.30 Free healthy cooking demonstrations giving hints and ideas for cooking and covering nutritional advice for people with, or at risk of, type 2 diabetes, heart disease and high blood pressure. At The United Reformed Church Hall, Cross Street, Seaton EX12 2LH. No need to book, just turn up, it's free. Chat, learn, eat. Call Hannah on 01297 631782 for more information, email hannah@halff.org.uk or go to www.halff.org.uk.

**TATWORTH:** Film: 'Our Kind of Traitor' (cert 15) at Tatworth Memorial Hall, doors 7.15pm for 8pm. Organised by T&F Movies. For more details call 01460 220198.

**CREWKERNE:** Sequence Dancing at the Victoria Hall, 14.5pm-4pm. Tea and biscuits. Raffle, £2 per person. For more details call 01935 415520 or 01308 862866.

**OFFWELL:** Firework extravaganza at the Playing fields, Offwell, Nr. Honiton. Gates open 6.15, Twirl-stars and lantern parade, fireworks at 7.15 pm. Under cover viewing area, BBQ, hot drinks, bar, indoor bouncy castles, good night of fun for every-



**Colyton, Colyford and District Memory Café**  
**St John Hall King Street Colyton**  
**The first Wednesday of each month 2 - 4pm**

If you, a friend or a loved one is suffering from memory loss or has been diagnosed with early dementia we offer an afternoon of friendship and support for you and your carer.

Our volunteers are available to carers for a quiet chat and can provide information, leaflets and signposting advice. We also aim to have regular visits from health professionals.

Why not come along to share opportunities with others to reminisce and enjoy some music, talks and quizzes, or just come along for a cup of tea and some cake!

We welcome friends from all the surrounding villages. Some parking is available plus a large drop off point  
**For more information, ring Diane 07970 626774**

## The Henhayes Community Centre in Crewkerne

**Open to all 5 days a week for lunch, tea or coffee 9am to 4.30pm and Saturday mornings for coffee or tea and cakes from 10am to 12 noon**  
**Licensed premises**  
**The Centre can also be hired**

## LOOK WHAT'S ON

### Breakfast / Brunch

**Saturday October 29th**  
**10 - 12noon (last order 11.30am)**

**Basic Breakfast £4.00**  
**(Sausage, bacon, egg, beans or tomatoes, toast and tea or coffee)**

**Extras available at 50p each**

**Get your tickets now for our**

## CLASSICAL CONCERT

**Friday November 11th**

**Concert only £10 at 7.45pm**  
**Supper & Concert £18 at 6.30pm**

**Kim Connor (piano), Jess and Emily Dalwood (harp and vocals)**

**The Henhayes Community Centre, South Street Car Park, Crewkerne**  
**Tel: 01460 74340**  
**www.henhayes.co.uk**

## ILMINSTER

**arts centre**

**AT THE MEETING HOUSE**

### FIND A TREE

**Until Sat 29 October**

**Last chance to see!**

### DAVE NEWTON TRIO

**Friday 28 October 8pm**

**Tickets £16 (pre-show supper £13 at 7pm, must be pre-booked).**

**Jazz with special guests Alex Garnett & Nigel Price**

### A WAY WITH WORDS

**Friday 4 November 6.45pm**

**Tickets £5 (includes free drink)**

**Local wordsmiths perform short works on the theme 'A Winter's Tale'. If you want to take part call Angela Huskisson 01460 241871.**

**Box Office: 01460 54973**  
**www.themeetinghouse.org.uk**  
**info@themeetinghouse.org.uk**  
**East Street, Ilminster, Somerset, TA19 0AN**  
**Open Mon-Fri 9.30-4.30, Sat 9.30-2.30**

## Ballroom & Salsa Classes

**all located in Honiton**

**NEW - SOCIAL**

**SALSA AND LATIN**

**Semi private classes**

**start week of**

**November 1st**

**For more info and to**

**register, contact Terance**

**on 01404 46497**

**Honiton**

**Ball Room classes**

**on going.**



## The Little Farm Shop & Farmhouse Kitchen

**WELLINGTON FARM ~ WILMINGTON**



**www.thelittlefarmshop.com**

**Home Reared & Produced Bacon, Sausages, also Steak & Ale Pies, Chutney, Burgers & Lots More.**

**Visit our SHOP & CANTEEN - DELI**

**For Good Home Cooking**

**Breakfast - Lunch - Cream Teas.**

**Bookings taken 01404 831885**

**CLIVE SMITH & HIS**

## ARCADIA

## JAZZ BAND

*Band for all occasions*

**Email arcadiajazzband@yahoo.co.uk**

**Mob 07712 627751 Tel 01297 34169**

## CAR BOOT SALE

**AXMINSTER SHOWGROUND • EX13 7RA**

## EVERY SUNDAY 1-4pm

**On 50 acre site, all sellers, cars, vans & trailers**

**£7 for as much room as required.**

**No Dogs allowed on site**

**Strictly no helpers or buyers before 1pm**

**No need to book, gates open to sellers 11am**

**For further information tel: 07511 195858 or 07979 845914**



## ACTIVE AGE AEROBICS

**GET YOUR TRAINERS ON BECAUSE AGE HAS NO LIMITS.**

**ILMINSTER, CREWKERNE**  
**BROADWINDSOR, CHARD**  
**other venues coming soon!**



**HATHA YOGA with ALI**

**ILMINSTER, CREWKERNE, SOUTH PERROTT**

**other venues to come!**

**www.beefitfitness.co.uk**

**Call Ali now 0775 3533727 to register your interest**

# Diary Dates

one. Proceeds to ORG&VHC. charity no. 300915.  
**CREWKERNE:** Big Breakfast at Henhayes Centre. 10 - 12noon (last order 11.30). Basic breakfast £4.00, Extras 50p each.

## FRIDAY OCTOBER 28TH & SATURDAY 29TH

**CREWKERNE:** Dinosaur Park - The Jurassic Parody by Superbolt Theatre. Professional comedy theatre production based on Spielberg's classic Jurassic Park. At Wadham School. Tickets available from Crewkerne Town Hall or www.wegotickets.com. Event organised by Creative Crewkerne. 7.30pm on Friday, 2.30pm on Saturday.

## SATURDAY OCTOBER 29TH

**THORNCOMBE:** Childrens Halloween Party 3pm-5pm at Thorncombe Sports & Social Club, to include a small buffet tea and party games. Don't forget to wear your spooky costumes.

**MISTERTON:** Jumble Sale 2pm to 3.30pm, Misterton W.I. Hall (TA18 8LX). Entry 20p. Light refreshments available. In aid of W.I. Hall funds. Enq. 01460 78931/77599.

**AXMINSTER:** Concert for Hospiscare in memory of Hilary Juster. A varied programme of music played by the many local music groups with which Hilary was associated. At the Minster Church, 3pm. The concert will be followed by tea and cakes. Donations please to Hospiscare (suggested donation £10)

**LYME REGIS:** Local crafts and collectables at the Baptist Church Hall, Silver Street, from 10.30am. Free admission. Well behaved dogs welcome. Supporting FORCE cancer charity.

**WEST HILL:** Afternoon of poetry and literature at a book fair at the Royal British Legion Club. This special afternoon will feature local authors, children's storytellers, and a special Book Launch by poet, Jeni Braund and thriller writer, John Hall. Jeni Braund will be launching 'Heartlands: The Poetry of Jeni Braund'. All proceeds from the book will be donated to the blood cancer charity Anthony Nolan. West Hill Royal British Legion, 12-4pm.

## SUNDAY OCTOBER 30TH

**COLYFORD:** Indoor Boot Sale at Colyford Memorial Hall, 9am-2pm. To book a table (£5) or for more details call 07891 486839.

**SEATON:** Visit King Johns Oak, 10am - 12pm. Exploring the wildlife of these amazing ancient trees, courtesy of their guardians at Woodend Park, Shute, Colyton, with Keith Alexander from the Ancient Tree Forum. Booking essential. £4 donation towards Devon Wildlife Trust. Parking details and where to meet given on booking. Event Booking: legacytolandscape@gmail.com or ring 01404 310012

**SEATON:** Help King Johns Oak, 2pm - 4pm. Practical session clearing vegetation choking this magnificent 800 year old tree in the medieval deer park of Woodend Park near Shute. Booking essential.

Parking details and where to meet given on booking. Event Booking: legacytolandscape@gmail.com or ring 01404 310012

**BEER:** Annual Fishermens Harvest of the Sea service at the Congregational Church. 6pm for 6.30pm. Followed by harvest supper.

## MONDAY OCTOBER 31ST

**AXMINSTER:** Carnival Bingo at the Guildhall. Doors open 7pm, eyes down 8pm.

**MISTERTON:** Bingo at Misterton Village Hall. Doors open 6.45pm, eyes down 7.30pm.

**CREWKERNE:** Physio Fit - 2 sessions 9.40 - 10.40 at Henhayes Centre, and 10.45 - 11.45am. £2 for members/ £3 for non-members.

**CREWKERNE:** Short Mat Bowls at Henhayes Centre. 7-9.30pm. New members welcome. Come and give it a try.

## TUESDAY NOVEMBER 1st

**AXMINSTER:** Axminster Probus Club for retired and semi-retired business and professional men meets at 10.00 for 10.30am in a private room at the A35 Pit Stop, Gammons Hill, Kilminster for a talk by Robert Musgrave entitled 'More Talk About Inn Signs' and an optional lunch. For further details ring 01460 220528.

**CREWKERNE:** Computer Drop-in - Questions answered and help provided. 10am to 12 noon at Henhayes Centre, E2/E3.

**CREWKERNE:** Tuesday Welcome Group at Henhayes Centre. £2.50 incl coffee per session. For people 50+ who like to meet other people and enjoy a few activities like painting, pottery, music, quizzes and occasional bingo. Transport can be arranged (£3.00) and members usually stay for a cooked lunch priced at £6.00 including tea or coffee. Please call 01460 74340 for further details.

**CREWKERNE:** Henhayes Knitters at Henhayes Centre. Come and enjoy a knit and natter afternoon and make items for yourself or for sale at the Centre. 2 - 4pm

## More Diary Dates on page 40

Deadline is Friday 4pm for the following Tuesday's publication. Please ensure dates are included for all listings - weekly listings without dates may not be published.

**Send your diary dates to rob@viewnews.co.uk**



# VIEW FROM the beehive

this November

IS IT really November next week? We still have some fabulous events this week including the fabulous five piece Brit folk band Mawkin on Sunday, October 30th, which fuses folk, blues and rock with fab vocals and blisteringly brilliant musicianship. They will be supported by Melissa Bel; an extremely talented new singer songwriter on the Devon scene and definitely one to watch.

November begins with a wondrous mix of cinema: 'Bridget Jones's Baby' (15) on November 4th; and 'Anthropoid' (15) on November 5th, a taut WWII resistance drama based on the true story of the operation to assassinate General Heydrich in Prague, starring Cillian Murphy, Jamie Dornan and Toby Jones. Then on Friday, November 11th we have 'Café Society' (12A), Woody Allen's stylish, darkly comic look at 1930s Hollywood with Kirsten Stewart and Jesse Eisenberg. We also have 'The Girl On the Train' starring Emily Blunt on Friday, November 25th.

The live screening of the Royal Ballet's 'Anastasia' is on Wednesday, November 2nd, Kenneth Macmillan's ballet about an identity in crisis; a country in revolution and one of the great historical mysteries of the 20th century, only recently solved. At the height of the Russian Revolution the royal family were executed, but afterwards a young woman appeared – apparently a surviving royal princess, the Grand Duchess Anastasia. Many wanted to forget the massacre and the Revolution; many believed, or hoped, that a princess could have survived, a remnant of the old world.

There are some wonderful stalls and activities booked for our Beehive annual Craft Fair on sat 5th Nov from 10am until 3pm and this year entrance is free! So do pop along and have a look at all of the lovely things on

offer, refreshments will be served in our café bar so you can relax after doing your Xmas shopping!

'Private Peaceful' is the play we have all been waiting for from the Honiton Theatre Company, rehearsals are going extremely well and this promises to be a very special show. Michael Morpurgo, former Children's laureate and award winning novelist who wrote *War Horse*, also penned this very poignant novel, even if you or your children haven't read this I would urge you to come and see it, Honiton Town Band are also making an appearance! 7.30pm 17th -19th Nov.

To top all of this we also have the Folk café absolutely free to all to come along on Wednesday, November 9th, and two very special gigs; Jo Harman on Sat 12th Nov 8pm

An intimate evening with Jo Harman takes place on Saturday, November 12th at 8pm. Recently voted 'Female Vocalist of the Year' at the British Blues Awards, Jo is an original British singer-songwriter/bandleader whose work is broadly influenced by blues, gospel, soul, country and rock. This very special, intimate, show will feature soulful, compelling performances featuring not only "bare-to-the-bone" versions of Jo's own songs but also her own take on songs that mean something special to her.

On Saturday, November 26th Peter Knight's Gigspanner will play the Beehive. Whilst traditional music forms the bedrock of the trio's repertoire, the stretching of the music to embrace other influences is what makes it appealing not only to lovers of folk music, but to anyone who has an appreciation of beautiful and inspiring music.

We look forward to seeing you soon, Wendy

# Pied Piper panto read through tonight

SEATON Gateway are holding their first read through of their upcoming pantomime, The Pied Piper, TONIGHT (Tuesday, October 25th) at 7pm. The read through takes place at The Gateway, Seaton, and there will be further auditions on Tuesday, November 1st at 7pm. There are plenty of

good parts to be filled, and organisers are especially on the look out for children to play villagers and nasty rats - lots of fun to be had!

The pantomime will be performed at The Gateway, Seaton, from February 9th to 12th.

For more details call 01297 625699.

# A Very Victorian Christmas in Exmouth

CHRISTMAS is coming to World of Country Life! Come along and visit Santa - and a whole lot more! You will ride Santa's Deer Train Safari Special to hand feed the red deer (Santa's back-up herd!)

Then step back in time and wander along the traditional Victorian Christmas street, beautifully lit in a real cosy festive theme. Enjoy roast chestnuts, mince pies and join in with some cheery Christmas carol singing before meeting Santa in his cottage workshop.

Have a go at making traditional Christmas crafts - and don't forget to meet the animals in their festive petting pen before you leave!

For full details and to secure your place visit [www.worldofcountrylife.co.uk](http://www.worldofcountrylife.co.uk) tickets\* will on sale now!!

\*This is a ticket only event.



## THE marine theatre

LYME REGIS • DORSET

### Half Term and Halloween at the Marine Theatre

Tuesday 25th October / 7.30pm

**Ukulele Magic and Mayhem**

Full price: £14.00/ Concessions: £12.00

Wednesday 26th October / 2pm

**Idiot's Guide to the Owl & the Pussycat**

Full price: £14.00/ Concessions: £12.00

Puppetry and live music

MarineScreen Cinema

Thursday 27th October / 11am ONLY

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# Diary Dates

## WEDNESDAY NOVEMBER 2ND

**SEATON:** Jurassic Folk and Jam Club at Eyre Court, 2 Queen Street, 8-10.30pm. Music and song for all to enjoy. Free admission for musicians, singers and spectators. For more details call 01404 46451 or 549903, or visit [www.jurassicfolkandjam.com](http://www.jurassicfolkandjam.com)

**SEATON:** Seaton & District Probus Club. Talk by Steve Kingdon: "Open Nearly All Hours" 10.00 am at the small hall, Seaton Methodist Church. New members welcome — come and give us a try. More information from Keith on 01297 624374.

**CLAPTON:** Clapton & Wayford Village Hall — sew, knit & natter, 10.30am, all welcome; details from 01460 72837.

**COLYTON:** Colyton, Colyford and District Memory Café. At our November Memory Café we will be enjoying a talk by Dr Mike Wickins entitled 'My first home was a Prefab' and a visit from the Donkey Sanctuary, what a combination! So if you a friend or a family member is experiencing memory loss or have a diagnosis of early dementia why not come along and enjoy a friendly chat, a warm cup of tea and a delicious slice of cake. For more information ring Diane on 07970 626774

**CREWKERNE:** Bingo — Cash prizes — "eyes down" at 2.30pm at Henhayes Centre.

**AXMINSTER:** 'The Horrific Wreck of the Halsewell'. Author Philip Browne tells the peculiar circumstances and fascinating story of this Dorset wreck. Captain Richard Peirce, his crew, teenaged daughters, nieces and other young ladies India bound in search of rich husbands, were all drowned. Axminster Historical Society, All Welcome 7.30 The Bradshaw Meeting Room, Thomas Whitty Hse, Silver Street

**KILMINGSTON:** Film: "Desert Dancer (15)" — Based on a true story. Moviola screening at the Village Hall (Whitford Rd), doors and bar (wine and soft drinks) open at 6.45pm Film start 7.15pm. For more details or advance booking contact: 01297 32335. Tickets £5 if purchased in advance or £5.50 at the door.

**ROUSDON:** Combyne Rousdon Social Club Annual Turkey Bingo. At Peek Hall, Rousdon. Doors 7pm, eyes down 8pm. Half time tea, coffee, pasties and hotdogs. For more details call 01297 443235.

## THURSDAY NOVEMBER 3RD

**CHARD:** Chard Camera Club. Members will be viewing the travelling portfolio of the Western Counties Photography Federation members images in the comfort of their club house at the Baptist Church hall, Holyrood Street at 7.30pm. outsiders wishing to view will be made most welcome. Further details can be obtained via [www.chardcameraclub.org.uk](http://www.chardcameraclub.org.uk)

**TATWORTH:** Tatworth Flower Club will be hosting a flower arranging demonstration by local florist Angie Blackwell on Thursday 3rd November, at Tatworth Memorial Hall, South Chard TA20 2QW, doors open at 1.30pm for a 2pm start. Cakes, bring and buy and plant stalls. Refreshments available. £5 entrance fee, visitors would be very welcome.

**CREWKERNE:** Over 50s Keep Fit — 10am to 11am at Henhayes Centre. £2.50 for members/ £3.50 for non- members.

**CREWKERNE:** Physio Fit — 10.30 am to 11.45 am at Henhayes Centre. £2 for members/ £3.00 for non- members.

**CREWKERNE:** Short Mat Bowls. 2 — 4.30pm at Henhayes Centre. New members welcome, come and give it a try.

## FRIDAY NOVEMBER 4TH

**CREWKERNE:** Sequence Dancing at the Victoria Hall, 1.45pm-4pm. Tea and biscuits. Raffle, £2 per person. For more details call 01935 415520 or 01308 862866.

## SUNDAY NOVEMBER 5TH

**SOUTH PERROTT:** Autumn Bazaar in South Perrott (on A356) Village Hall from 2.30pm. Cakes, gifts, bric-a-brac, toys, raffle and teas. More information on 01935 891234. All proceeds are in aid St Mary's Church funds.

**COLYTON:** Colyton, Colyford and Memory Café Coffee Morning 10 till noon. Lots of stalls. £1 Entrance includes coffee and biscuits

**COLYFORD:** Puppetcraft present 'The Tin Forest' at Colyford Memorial Hall. 2pm for the puppet making and music workshop and 4pm for the show. Tickets are available from Colyford post office or on 01297 553710 Show Tickets are £8 adults, £5 und 16 and £20 family (2A & 2C / 1A & 3C)

**NORTON SUB HAMDON:** Autumn jumble sale in the Village Hall. Doors open 11am. Admission 30p. Loads of bargains. Everyone welcome. In aid of Hall funds. Contact. 01935881718

**HONITON:** Christian Aid Coffee Morning, at St Paul's Church. Cakes, books, raffle, bric-a-brac. All welcome. 9.30am-12noon.

## SUNDAY NOVEMBER 6TH

**COLYFORD:** Indoor Boot Sale at Colyford Memorial Hall, 9am-2pm. To book a table (£5) or for more details call 07891 486839.

**CREWKERNE:** "Ticking the Ivories" — a Piano concert by Jonathan Delbridge at St Bartholomews Church. A varied programme of music including

# Straight Outta Cruttenden

HOST OF *Live At The Apollo* and star of Radio 4, the great Hal Cruttenden is back ranting about the real evils of the modern world — over sharing on social media, and the 5:2 diet. The more he complains the funnier he gets. Book Early.

You may have seen Hal on *The Royal Variety Performance*, *Would I Lie To You?*, *The Great British Bake Off*, *An Extra Slice*, *Live At The Palladium* and *Have I Got News For You*.

Hal Cruttenden brings his show 'Straight Outta Cruttenden' to the Marine Theatre, Lyme Regis on Friday, November 4th. Bar opens at 7pm, and the show from 8pm. The show is suitable for ages 16+.

Tickets are £18, available by calling 01297 442138 or from the website at [www.marinetheatre.com](http://www.marinetheatre.com).



Advertiser's announcement

## Time to harvest, time to sow at Blackbury Honey Farm

THE ANNUAL flower meadow is sinking into a graceful decline, although the poppies, pot marigolds and field marigolds are still putting on a brave show.

Bordering the path up to the front door, this meadow planting is hugely admired and appreciated by our visitors. It contains the best garden annuals and a few spectacular wild specimens of use to our honey bees and other pollinators.

We know our visitors are keen to do their bit to encourage these valuable pollinators and many are sowing a little wild patch in their own gardens. Over the next couple of weeks, before we clear our meadow patch ready to start again, we invite anyone interested to come and gather seed, a little present from us.

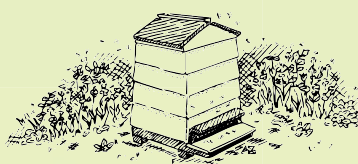
the honey bees, as reported last week are cosying down for the winter but we still see bumbles searching out the last of the nectar from the garden's late blooms. I have been reluctant to cut back the lavender as they are still foraging for the odd, late, flower spike but it's a job I have to do soon as our huge angustifolia bushes seem to survive better with an autumn trim.

Although the bees are largely absent now, we have a very interesting video playing in the entrance hall, showing the beekeeping year and the process of obtaining the delicious honey we sell in our shop.

We have home - made soups, quiches, scones, cakes and all manner of autumn comforts here so what are you waiting for? Come and be part of this special place.

Follow our new brown signs. Blackbury Honey Farm EX24 6JF 01404 871600

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❁ Beekeeping display and information on planting for pollinators

❁ Home-made cakes, cream teas and light lunches

**Come and be part of this special place**

Open 10am - 5pm, Thursday - Friday - Saturday - Sunday

**Follow signs for Blackbury Camp, EX24 6JF**

**Tel: 01404 871600 |**

**[www.blackburyfarm.co.uk](http://www.blackburyfarm.co.uk)**

# Diary Dates

Gershwin, Bach, Mozart, Chopin and Bart Howard (Fly me to the Moon). Concert starts at 3:00 pm. Tickets £8 in advance, £10 on the door, available from Crewkerne Town Hall or Liz 01460 271767. Canapés included. A bar will be available.

## MONDAY NOVEMBER 7TH

**AXMINSTER:** Carnival Bingo at the Guildhall. Doors open 7pm, eyes down 8pm.

**AXMINSTER:** Simple Healthy Cooking Demo with HALFF (Health and Local Food for Families), 10.30-12.30. Free healthy cooking demonstrations offering nutritional advice and cooking hints and tips for people who care for others. Includes a free meal to take home! At the HALFF Food Hub, South Street, Axminster. No need to book, just turn up, it's free. Call Ros on 01297 631782 for more information or email [admin@half.org.uk](mailto:admin@half.org.uk).

**MISTERTON:** Bingo at Misterton Village Hall. Doors open 6.30pm, eyes down 7.30pm.

**CREWKERNE:** Physio Fit — 2 sessions 9.40 — 10.40 at Henhayes Centre, and 10.45 — 11.45am. £2 for members/ £3 for non- members.

**CREWKERNE:** Short Mat Bowls at Henhayes Centre. 7-9.30pm. New members welcome. Come and give it a try.

## TUESDAY NOVEMBER 8TH

**SIDMOUTH:** East Devon Organ Club, with Ian Griffin 2.30pm at Primley Road, Church Hall.

**SIDMOUTH:** Tea Dance at St Francis EX10 9XH, 2.30pm

**ILMINSTER:** The Warehouse Theatre in Ilminster the Ile Valley Flower Club are holding their Christmas Open evening; National Demonstrator John Chennell from Northampton will be entertaining us with the title 'In the Festive Mood'. Tickets are £10 to visitors. Tickets are available from Harrimans in Ilminster or by phoning 01460 75025/ 77233 All Welcome.

**CREWKERNE:** Computer Drop-in — Questions answered and help provided. 10am to 12 noon at Henhayes Centre, £2/£3.

**CREWKERNE:** Tuesday Welcome Group at Henhayes Centre. £2.50 incl coffee per session. For people 50+ who like to meet other people and enjoy a few activities like painting, pottery, music, quizzes and occasional bingo. Transport can be arranged (£3.00) and members usually stay for a cooked lunch priced at £6.00 including tea or coffee. Please call 01460 74340 for further details.

**CREWKERNE:** Henhayes Knitters at Henhayes Centre. Come and enjoy a knit and natter afternoon and make items for yourself or for sale at the Centre. 2 — 4pm

## WEDNESDAY NOVEMBER 9TH

**AXMINSTER:** Free Make & Munch with HALFF (Health and Local Food for Families), 10.30am-12.30pm. For parents and carers of children (0-18), a hands-on course of six sessions. Have fun preparing simple delicious food and enjoy eating it together.

Pre-school age children welcome with parents/ carers. At the Methodist Hall, Lyme Road, Axminster. To book a place call Ros on 01297 631782 for more information or email [admin@half.org.uk](mailto:admin@half.org.uk).

**COLYTON:** FoStA Talks: Graham Barton 'Churches Speak Louder Than Words'. At St Andrew's Church, 7.30pm. Tickets £5 adults, members £4, students free.

**ROUSDON:** Combyne Rousdon Social Club Annual Turkey Bingo. At Peek Hall, Rousdon. Doors 7pm, eyes down 8pm. Half time tea, coffee, pasties and hotdogs. For more details call 01297 443235.

## THURSDAY NOVEMBER 10TH

**SEAVINGTON:** Paul Atterbury best known for his appearances on Antiques Roadshow will talk about 'The Making of a Dorset Garden'. The planning and creation of his own large and private garden near Bridport. The meeting will be held in Seavington Millenium Hall, 7.30pm Visitors welcome £2 payable at the door. More information telephone 01460 249728.

**HONITON:** Honiton & District Liberal Democrats Skit-ting Evening at The Heathfield Inn, 7.30pm. For more details call Vera Howard on 01404 47127, £3 each. Please call to book as soon as possible.

## FRIDAY NOVEMBER 11TH

**CREWKERNE:** Sequence Dancing at the Victoria Hall, 1.45pm-4pm. Tea and biscuits. Raffle, £2 per person. For more details call 01935 415520 or 01308 862866.

**CLAPTON:** Clapton & Wayford Village Hall — 'Food on Friday', mid-day for 12.30pm start. All ages are welcome; very friendly atmosphere and good food. Please book in advance by phoning 01460 77057. Further details also available on the same number.

**CHARDSTOCK:** Chard Tea Dance Club Armistice Day Dance, at Chardstock Community Hall, Chardstock, 7-10.30pm, Modern Sequence and Ballroom dancing, Tea and biscuits, entry just £3.00pp. Contact Stephen 07473 660000/ 01460 68503.

**AXMINSTER:** Axminster Flower Club Christmas Flower Demonstration with Jenny Chance, 2.30pm at the United Reform Church. Admission £3.50 and there are refreshments and a raffle which gives everyone a chance of winning one of Jenny's flower arrangements!





# Give your advertising an unfair advantage. Run some press ads.

The effectiveness consultancy Benchmarking have analysed what happens when companies include press advertising in their media mix.

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You must have an engaging personality, be literate & numerate, have a good level of computer skills, and be of smart appearance and be able to drive.

Impress us with your cv and handwritten covering letter (to be sent to:- Natalie Edmeades at the address below) and we will invite you in for an informal chat.

View From Newspapers, Unit 3, St Michael's  
Business Centre, Church Street, Lyme Regis, Dorset, DT7 3DB  
Tel: 01297 446057

## Woodmead Halls, Lyme Regis

The Woodmead Halls is one of the best equipped and most popular community venues in the area and is embarking on a major development programme, including the extension and refurbishment of the kitchen and enlarging the smaller hall. To help achieve these goals, we are planning to appoint a

### FACILITIES MANAGER

This is a part-time position, 16 hours a week, eight of the hours to be spent in the halls office for two hours, 10 am to 12 noon, Monday to Thursday. Remuneration by agreement. Duties will include:

- Managing the hall bookings
- Canvassing potential hirers of the hall
- Handling all administration for the halls
- Acting as Secretary to the Management Committee
- Promoting the halls via our website and social media
- Assisting with fund-raising events and promotions
- Liaising with suppliers
- Sending out invoices

Candidates must have a track record in administration, be computer literate preferably with experience of Word and Excel, a good knowledge of social media, the internet and websites, a confident manner and be of smart appearance.

For a full job description, please email Philip Evans on [philip@viewnews.co.uk](mailto:philip@viewnews.co.uk) together with a CV. Interviews will be held in January.



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## View From Classified

**BEAUTIFUL** gold and topper pendant on a gold twisted chain with matching topaz earrings. All in excellent condition, they would make a lovely present at a price of only £85. Tel 01460 52023

**TV STAND:** A three tiered shelf made from black glass. Purchased in error, the TV stand is still in as new condition. Now selling at a price of only £30. Tel 01460 52023

**POLISHED OAK** bureau/bookcase with a sloping drop front, interior compartments, one long drawer with two cupboards and a shelf underneath. Excellent condition and now selling at a price of only £80. Tel 01460 52023

**THERMOS** vacuum food jar (boxed). Still in excellent condition at a price of only £9. Tel 01460 52023

**1950'S** polished tea trolley with two drop leaf sides and shelf

underneath, it converts to a small table when open. Comes in excellent condition at a price of only £30. Tel 01460 52023

**LADIES** hotter leap extra wide shoes in a size 6. Comes in almost new condition at a price of only £35. Tel 01297 34194

**VENETIAN BLIND** in beige. Sized 10' wide with a 6'6" drop. Comes with an assortment of dowsing tools Comes in excellent condition at a price of only £40 o.n.o. Tel 0854 687485

**TOMY** baby monitors (x2) for only £15 each. Tel 01404 812331

**SMITH CORONA** electric portable typewriter for only £30. Tel 01404 812331

**FRISTER** Rossmann Cub 3 electric sewing machine for only £50. Tel 01404 812331

**ELECTROLUX** cylinder cleaner, very little used at the bargain price of only £25. Tel 01297 21632

**SUEDE** fabric footstool (cube), still in excellent condition. Cost £20, now selling for the bargain price of £5. Tel 01297 24501

**FOLD-UP** table: Would make an ideal coffee table, hobby table or table for a beach hut. Comes with a detachable tray, in as new condition. Now only £15. Tel 01297 24501

**GARDEN** badminton & volleyball set, with rackets and net in a carry case. Comes in as new condition. Now selling for only £10. Tel 01297 24501

**CLOTHES** horse: A antique, wooden drying rail, useful bedroom or the bathroom. Comes at the bargain price of £20. Tel 01297 24501

**WHEELCHAIR:** Days Patterson Medical Escape Lite wheelchair & waterproof wheelchair poncho in navy. Comes unused at a price of only £60 o.n.o. Tel 01460 63770

**KYMCO** Klite mobility scooter in a mink

colour. Completely unused, the scooter comes in mint condition at the bargain price of only £500 o.n.o. Tel 01460 63770

**CHURCHILL'S** 'History of the English Speaking Peoples' complete set. There are 23 slim volumes made from red leather, gold tooled. Comes in excellent condition, but has slight damage to spine of one volume. Yours for only £30. Tel 01297 24198

**DINING TABLE:** Pine, oval twin pedestal dining table, sized 5' by 3'7" extending with a flip top to 6'4". Was £664 new, it's now only £200. Tel 01297 631330

**BOSCH** battery hedge trimmer (41 ACCU) with battery & charger. Now only £40 o.n.o. Tel 01297 631330

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**KITCHEN:** Complete, used and ready to fit, with 6 base units, 5 wall units, sink, worktops, etc. The set also includes a Range cooker with double oven, grill, 5 ring hob, warmplate and hood. Now only £500. Tel 01297 480955

**HOSEPIPE:** A long Hozelock hosepipe on wheels. Comes in very good condition at a price of only £40

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**GARDEN CHAIRS:** Four stacking garden chairs, all in good condition at a price of only £20. Tel 01297 21039

**ELECTRIC** scarfier for only £10. Tel 01297 21039

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52-week year, to include 5 weeks paid holiday  
Salary: £7.34 per hour

Further details/application form  
available from the School.

Closing Date: midday 7 November 2016

This school is committed to safeguarding and promoting the welfare of children and expects all staff and volunteers to share this commitment.

## Project Manager

Required to manage creation and onward running of new digital historical archive web site for a local institution. Successful applicant must have good working knowledge of website creation and management, together with Adobe Photoshop. This two year project will largely rely on volunteer "Foot Soldiers" to carry out a large proportion of the initial cataloging. Knowledge of sport would also be an advantage. A salary of £9.5k is available to the right candidate from this Heritage Lottery Funded project.

Applications in writing in the first instance to Box 1899  
View from Newspapers Unit 3, St Michaels Business Centre,  
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# Pulman's Property View

## TOP DRAWER

By Sam Wylie-Harris, Press Association

LIVING space comes at a premium, and if you've been hoarding all summer then autumn's the perfect time to declutter and make space for the things that will not only complement your lifestyle, but create a sense of order.

Storage solutions come in all shapes and sizes, and once you get over the horror (and chore) of having a good clear-out (do you really need those broken appliances, old magazines, clothes that no longer fit?), creating clever storage ideas can be an imaginative process that will reward you with a stylish and functional home.

### SHOW TIME

"Don't just think of storage as tidying away, it's also an opportunity for you to display the things you love," says Myriam Ruffo, business leader for Ikea UK & Ireland. "The Kallax range is a perfect example of this, and can serve as somewhere to store and display your things."

Along with wall units and cabinets, the range includes a work station which not only helps squeeze in extra storage but can serve as a room divider and looks good from every angle. Available in white with a funky green trim, which can be colour co-ordinated with magazine files, house plants and decos, it also comes in piano black and a birch effect, to channel some Nordic charm.

"We're continuing to see a growing trend for Scandi-inspired interiors," says Simon Glanville, managing director at Store - A Place For Everything.

"The Scandinavian home is known for its simplicity of design, beautiful utility and pared back colours, so to get the style, look for pieces in white and birch wood that can elegantly store away your everyday items. This can be easily achieved in the kitchen or hallway, two areas which tend to become cluttered quite easily."

:: Kallax Desk Combination, £189, Ikea (www.ikea.com)

:: Northgate Flip-Top Storage Bench, £199, Store - A Place For Everything (www.aplaceforeverything.co.uk)

:: Skandi Kitchen Storage Basket, £22, Store - A Place For Everything (www.aplaceforeverything.co.uk)

:: Kreisdesign Peg It All: Pegboard In Natural Birch Plywood, £175-£195, The Maker Place (www.themakerplace.co.uk)

### FIT FOR PURPOSE

"Storage needs to be practical, but there's no reason why it can't also be a beautiful addition to your room," says Molly Park, a designer at Oliver Bonas. "Transform your clutter into a decorative feature with roomy storage baskets - we have some woven from sea grass with a geometric print - to combine style with function."

Another problem-solver is to make something out of nothing, such as the space under the stairs. Trolleys on wheels can easily slide into nooks, and graduated shelving units can become an extension of the stairs. You can even create a bookcase - and still have room for a storage basket.

Banisters can be a lovely decorative feature, but if you're guilty of using them to drape your jackets over, a stylish coat peg with a shelf above will provide a tidy home for gloves, hats, shopping bags, dog leads and outdoor attire.

:: Raskog Trolley, £49; Knuff Magazine File - Set of 2, £7; Fladis Basket, £16; Skubbare Basket, £8; Valje Wall Cabinet, £17, Ikea (www.ikea.com)

:: Sage Grid Eight Shelf Mix Match Storage Unit, £225, Oliver Bonas (www.oliverbonas.com)

:: Sea Grass Storage Baskets, £19 each, Oliver Bonas (www.oliverbonas.com)

:: Perpignan 5 Hook Coat Rack, £95, CuckooLand (www.cuckooland.com)

:: Dorset Charcoal 4 Door 1 Drawer Storage Unit, currently reduced to £1,008 from £1,600, Laura Ashley (www.lauraashley.com)

### NEW ORDER

With the change in seasons, it's definitely time to pack away your summer wardrobe. If there's space under the bed, now's the time to utilise it.

"By using under-bed storage bags or boxes, you can easily store out-of-season clothing and blankets, or other seldom-used items," says decluttering expert Suzanne Baker, The Holding Company. "Most wardrobe spaces are poorly planned, so don't be limited by the standard hanging bar and shelf; install additional rods or purchase stackable shelves."

"In the living room, look for a solution that features shelving or drawers above or below, to really maximise vertical space. Shelving solutions are available in attractive finishes, and to create clever storage solutions, think vertically."

"Another way to increase storage capacity is to purchase end tables or ottomans that double as storage areas."

Wondering what to style next to your ottoman, or need a seat that can double up and offer greater storage capacity? Investing in a storage sofa bed might be an idea.

"Clever storage solutions are worth their weight in gold," says Vanessa Hurley-Perera, chief product officer at Sofa.com.

"Our Fleetwood sofa bed is a three-in-one multifunctional piece of furniture, working as a comfortable perch by day and spacious guest bed by night, with the added bonus of having clever storage space that's ideal for extra bed linen, towels or your summer wardrobe."

And if you find yourself struggling to find homes for all the smaller bits and pieces, Ikea has a wide range of storage accessories, available in a choice of styles.

"It's easy for spaces to become cluttered and messy if you don't have an organised structure in place - we all know the feeling where we avoid putting something away because we just don't know where to put it," says Jill Reedman, interior design manager for Ikea UK & Ireland. "Boxes, files and in-drawer dividers can help to create organisation in any room."

:: Summer Clothing Zip Up Storage Box, currently reduced to £25.96 from £39, The Holding Company (www.theholdingcompany.co.uk)

:: Handbag Zip Up Storage Box, currently reduced to £25.96 from £39, The Holding Company (www.theholdingcompany.co.uk)

:: The Fleetwood Three Seat Storage Sofa Bed in Slate Highland Tweed, £980 (www.sofa.com)

:: Elvarli White 2 Section, £329, and 3 Section, £333, storage unit (in store only); Knipsa Basket, £16; Marius Stacking Stool, £3, Ikea (www.idea.com)



▲ Picture Credit: PA Photo/Handout.



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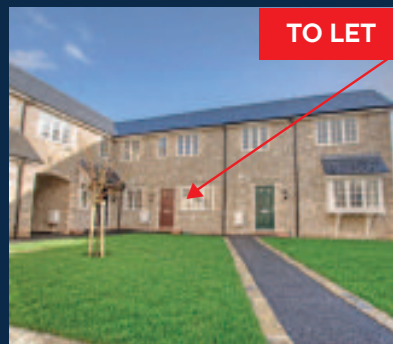


TO LET

**2 Milkbere Gardens, Seaton £590 PCM**

1 bedroom + study/guest room, town centre location in a prestigious development, tucked away in a pretty courtyard garden setting. Lounge/dining/kitchen areas. Bathroom with over-bath shower. Underfloor heating. Enclosed patio area. Unfurnished 12+ months.

**AVAILABLE NOW**



TO LET

**6 Milkbere Gardens, Seaton £660 pcm**

2, bedrooms, town centre location in a prestigious development, tucked away in a pretty courtyard garden setting. Lounge / dining / kitchen areas. Bathroom with over-bath shower. Underfloor heating. Enclosed patio area. Unfurnished 12+ months.

**AVAILABLE SOON**

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NEW

## LYME REGIS £1200PCM



A 3 BEDROOM DETACHED PROPERTY SET IN A SOUGHT AFTER AREA OF LYME REGIS. THE PROPERTY CAN BE LET FURNISHED OR UNFURNISHED. LARGE LOUNGE/DINING AREA LEADING ONTO LARGE KITCHEN. 2 BATHROOMS & 2 DOUBLE BEDROOMS. 1 SINGLE BEDROOM. LARGE GARDEN WITH VIEWS OF COAST. 2 PARKING SPACES. EPC RATING D. TENANT FEES APPLY.



NEW

## AXMINSTER £775 PCM



A 3 BEDROOM MID-TERRACED HOUSE WITH PARKING SPACE. COMPRISING OF LOUNGE, LARGE KITCHEN/DINER, MASTER BEDROOM WITH EN-SUITE, 2 FURTHER BEDROOMS, 1 DOUBLE, 1 SINGLE, FAMILY BATHROOM & A DOWNSTAIRS TOILET. SMALL GARDEN WITH COUNTRY VIEWS OVERLOOKING VALLEY. EPC RATING B. TENANT FEES APPLY.

LSTR

## SEATON £850 PCM



4 BEDROOM FAMILY HOME COMPRISING: LOUNGE WITH OPEN FIRE, KITCHEN/DINER, 2 BATHROOMS, GARDEN, GFCH, PARKING, CHILDREN & PETS CONSIDERED, TENANT FEES APPLY. EPC RATING: C

NEW

## SEATON £695 PCM



A TWO BEDROOM DETACHED BUNGALOW SITUATED IN SEATON. THE PROPERTY COMPRISES OF: LARGE KITCHEN & LOUNGE WITH DOWNSTAIRS BATHROOM. TWO GOOD SIZED DOUBLE BEDROOMS, GARDEN & OFF-ROAD PARKING. TENANT FEES APPLY. EPC RATING E.

## SEATON £570 PCM



A ONE BEDROOM UNFURNISHED RETIREMENT APARTMENT WITH SEA VIEWS. IT IS LOCATED ON THE 5TH FLOOR & CONSISTS OF LOUNGE WITH A BALCONY, KITCHEN, ONE DOUBLE BEDROOM & A BATHROOM. RESIDENTS HAVE THE USE OF A LIFT & COMMUNAL AREAS, INCLUDING A LAUNDRY ROOM. EPC RATING C. TENANT FEES APPLY.

## LYME REGIS £825 PCM



A 3 BEDROOM UNFURNISHED, TOP FLOOR APARTMENT WITH SEA & COASTAL VIEWS, COMPRISING OPEN PLAN LIVING AREA WITH MODERN FITTED KITCHEN AND APPLIANCES, 2 DOUBLE BEDROOMS, BOTH BENEFITING FROM EITHER COASTAL OR TOWN VIEWS, SINGLE BEDROOM, BATHROOM WITH SHOWER OVER BATH, BALCONY OFF OF LIVING ROOM AND MASTER BEDROOM, UNDERCOVER PARKING SPACE. EPC RATING: E. REGRET NO PETS. TENANT FEES APPLY.

NEW

## SEATON £850 PCM



A SPACIOUS 3 BEDROOM END OF TERRACE PROPERTY SITUATED IN SEATON ON THE NEW BOVIS HOMES DEVELOPMENT. THIS PROPERTY CONSISTS OF LARGE LIVING ROOM & KITCHEN/DINER, 2 DOUBLE BEDROOMS ONE WITH ENSUITE & 1 FURTHER SINGLE BEDROOM, FAMILY BATHROOM COMPRISING OF BATH WITH SHOWER, ENCLOSED REAR GARDEN, WITH GARAGE AND PARKING. SHORT TERM LET. EPC RATING B. TENANT FEES APPLY.

## SEATON £595 PCM



ONE BEDROOM END OF TERRACE HOUSE, COMPRISING LOUNGE, KITCHEN, DOUBLE BEDROOM, BATHROOM, GARDEN, PARKING. TENANT FEES APPLY. EPC RATING: E.

LET

## CHARMOUTH £795



A MODERN 3 BEDROOM MID-TERRACED PROPERTY CONVENIENTLY SITUATED IN A NEW DEVELOPMENT IN CHARMOUTH. LOUNGE, KITCHEN, BATHROOM, GFCH, DOUBLE-GLAZED THROUGHOUT, CONSERVATORY, PATIO AREA, PARKING FOR ONE CAR. TENANT FEES APPLY. EPC RATING D.



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## Honiton

£850 pcm



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## Luppitt

£950 pcm



A charming Grade II listed, detached cottage with three bedrooms. Offered in good condition with two new wood burners, character features, studio, double car port, extensive pretty garden and off road parking. Situated in a rural location. Available immediately. Tenant fees apply.

Honiton Office 01404 46222

## Yarcombe

£825 pcm



A relatively newly built spacious detached house set in a rural location. Comprising of large lounge/dining room, modern fitted kitchen/breakfast room, utility room, WC, two double bedrooms with the main en suite and good size single room. Outside you have off road parking and garden to the rear. Available immediately. EPC rated B. Small pet considered. Tenant fees apply.

Honiton Office 01404 46222

## Seaton

£775 pcm



LET FIRST VIEWING

A semi detached two bedroom house presented in good condition. Situated within walking distance of the town centre and beach. With lovely views, enclosed rear paved garden with off road parking and garage. Regret no Pets, EPC TBA. Available soon.

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### Axminster

A spacious detached four bedroom bungalow close to the town centre, set back in a quiet location. Benefits with a master and guest bedroom with en-suites, kitchen, dining room, cloakroom, utility area, garden surrounding, garage, studio and parking. Available immediately. Children and pets considered. EPC band E.

**Web Ref: ACC120221**

**£995 pcm**

**Axminster 01297 32879**



### Axminster

**£530 pcm**

A spacious two bedroom ground floor apartment. Offering two double bedrooms, off road parking and communal garden to the rear. Regret no pets. Available end October. EPC band C.



### Axminster

**£585 pcm**

A well presented two bedroom property with conservatory and parking, set in convenient location within walking distance to town centre. Pets and children considered. Available October. EPC band D.



### Axminster

**£675 pcm**

Second floor apartment in the heart of the town with far reaching views. Offering security entrance, two bedrooms with master en-suite cloakroom and parking. Available immediately. EPC band D.



### Smallridge

**£675 pcm**

A detached three bedroom cottage with a ground floor bedroom & bathroom, garden, parking and garage. Available immediately. Term of let to be negotiated. Fully furnished. Small pets or children welcome. EPC band E.

**Web Ref: ACC110299**

**Axminster 01297 32879**



### Axminster

**£875 pcm**

A well presented three bedroom semi-detached bungalow in a quiet location a short distance from the town. Offering enclosed garden and parking. Garage to be negotiated. Available now. EPC to be confirmed.

**Web Ref: AXM160269**

**Axminster 01297 32879**



### Kilmington

**£1,300 pcm**

An impressive four bedroom spacious bungalow located in the sought after village of Kilmington. Available November. Winter Let only, fully furnished. Council tax and water rates included. EPC band to be confirmed.

**Web Ref: AXM160108**

**Axminster 01297 32879**





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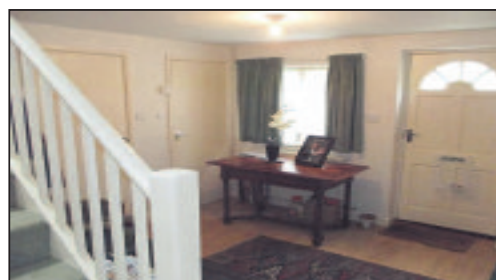
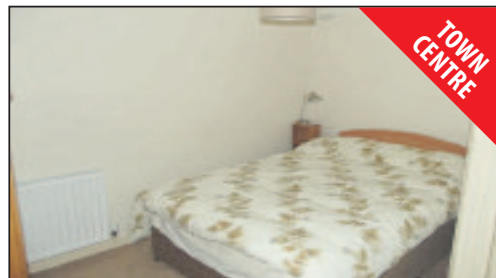
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Close to Town Centre | Flying Freehold Interest | Awaiting EPC

**MELLOWES COURT - £144,950**



Two Bedrooms | First Floor Apartment | Master En Suite | Good Decorative  
Order | Large Open Plan Kitchen/Living Room | EPC Rating C

**WEST CLOSE - £169,950**



Three Bedrooms | Semi-Detached House | Brick Built | Downstairs  
Bedroom Converted From Garage | Close To Axminster  
Town Centre | No Chain | EPC Rating D

**VALLEY VILLAS - £272,000**



Three Bedrooms | Semi-Detached House | Quiet Backwater Location  
Spacious Accommodation | Master Bedroom with En-Suite | Good Sized  
Garden | Axminster Town Centre Location | EPC Rating C

**ST. ANDREWS DRIVE - PRICE £145,000**



Three Bedrooms | End Terrace House | Large Garden | Requires  
Modernisation | Countryside Views | EDDC Restriction | EPC Rating D

**CASTLE HILL - £175,000**



Three Bedrooms | Terraced House | Large Garden | Close To Town  
Large Kitchen/Breakfast Room | EPC Rating D

**SHAND PARK - £99,950**



One Bedroom | First Floor Flat | Close to Axminster Town Centre  
Modern Kitchen | Gas Fired Central Heating  
Allocated Parking Space | EPC Rating C

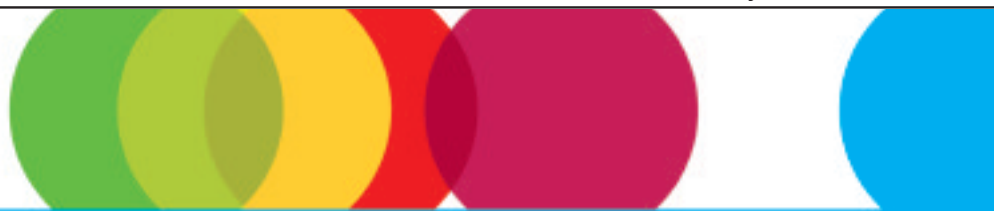


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## NEW! AXMINSTER

£125,000



Ideal as a first time buy or investment property, this two bedroom apartment is located within walking distance of Axminster town centre and comes to the market with the added benefit of no onward chain. Tenure: Leasehold EPC: C

## PROPERTY OF THE WEEK AXMINSTER £275,000 FIXED PRICE



This 1950s detached bungalow, situated on the southern edge of the market town of Axminster, comes to the market for the first time in 25 years with no onward chain. Tenure: Freehold EPC: F

## NEW! AXMINSTER

£137,500



A well-presented two bedroom ground floor flat located just a short walk from the town centre. Ideal for those looking for good sized accommodation, with parking, centrally located together with outside space for al fresco dining. Tenure: Leasehold EPC: D

## LYME REGIS

£228,000



Only a short level walk to the beach and local amenities, this much loved three bedroom family home benefits from front & rear gardens and off-road parking. Local housing restriction applies. Tenure: Freehold EPC: D

## CHARDSTOCK

£194,950



A three bedroom family home situated in the popular village of Chardstock which is located on the edge of the Blackdown Hills. Tenure: Freehold EPC: TBC

## RAYMONDS HILL

£400,000



A three bedroom detached bungalow on a level plot located at Raymonds Hill on the outskirts of Axminster. The location is ideal for those purchasers who require easy access to the coastal resort of Lyme Regis just a few miles away and the facilities on offer in the nearby market town of Axminster. Tenure: Freehold EPC: E

## NEAR CHARDSTOCK

£650,000



Situated in splendid isolation is this wonderful three bedroom character property, which is presented in superb condition throughout. Tenure: Freehold EPC: Exempt

## AXMINSTER

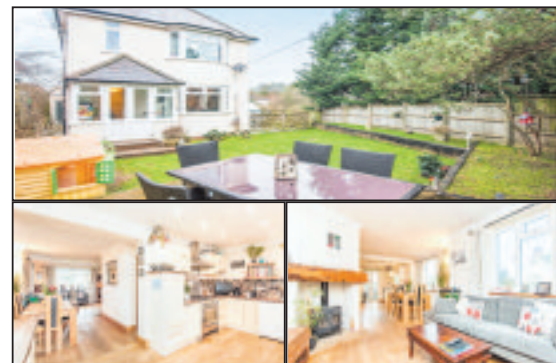
£235,000



A substantial semi-detached four bedroom house offering well-proportioned accommodation. Positioned in a popular area to the south of the market town of Axminster, this home would make an ideal purchase for buyers with a growing family, who are seeking a larger property. Tenure: Freehold EPC: C

## AXMINSTER

£325,000



A detached four bedroom family home, situated in a popular location on the southern edge of the market town of Axminster. This substantial property dates from the 1930s and offers well-proportioned accommodation including a master en-suite. Worthy of note is the large kitchen and lounge/diner area, which has been thoughtfully modernised to create a social hub for the family. Tenure: Freehold EPC: D

## NEW HOMES CLOAKHAM LAWNS AXMINSTER

FROM £189,950



We are delighted to be marketing a selection of 2, 3 and 4 bedroom homes! Benefitting from modern fitted kitchens with integrated appliances, cloakrooms and en-suite shower room and built in double wardrobe to master bedrooms\*. Tenure: Freehold EPC: TBC  
\*specific house types only. Please speak to a sales advisor for specific plot information.



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**Beer, 3 Bedroom Period End Terrace House. £335,000**  
A most appealing three bedroom period end of terraced character home that has been a most successful holiday let that could continue in its present role or would make a delightful main or second home. Courtyard garden. EPC rating E.



**Beer, Detached 4 Bedroom Arts and Crafts House. £825,000**  
A rare opportunity to purchase a unique period family home in a truly idyllic setting with the benefit of occupying landscaped gardens amounting to just over a half an acre with the added benefit of a detached one bedroom annexe. Garage/workshop. EPC rating E.



**Beer, Substantial Shop and Spacious Flat. £450,000**  
A substantial commercial freehold property at the heart of the village comprising a spacious shop unit with a large three bedroomed owners flat above. Shop EPC rating E, Flat EPC rating F.



**Colyton, 2 Bedroom Cottage Style Home. £229,950**  
A most appealing and spacious two bedroom cottage style home set in delightful landscaped gardens at the heart of Colyton in a development built for the over 55's. Landscaped garden to the rear. EPC rating B.



**Colyton, 4 Bedroom Detached Country Home. £675,000**  
A superb four bedroom country home in an outstanding rural location with gardens and grounds approaching three acres. Outstanding panoramic views over the hills and countryside surrounding Colyton. Formal garden areas. Paddocks. Garage/workshop and outbuildings. EPC rating E.



RE-AVAILABLE

## Beer, Delightful 2 Bedroomed Period Cottage. £320,000

A most appealing cottage located at the heart of the village with the benefit of a courtyard garden and a parking space. The property is presently a successful holiday let and could continue in the role or would make an ideal main or second home. Gas CH. EPC rating D.



**Musbury, Attractive Bungalow in Village Setting. £335,000**  
A beautifully presented two bedroom detached bungalow in a delightful tucked away position in the centre of Musbury. Gardens and parking. Oil fired CH. EPC rating D.



**Beer, Attractive 4 Bedroom Detached House. £489,000**  
No onward chain. A spacious four bedroom detached home located on a corner plot with delightful panoramic views sweeping round from Lyme Bay and the Heritage Coast. Landscaped gardens, onsite parking and an attached garage/workshop. EPC rating D.



NEW

## Seaton, Detached Two Bedroom Bungalow. £280,000

An attractive two bedroom detached bungalow located in a quiet cul-de-sac in the popular Boundary Park area. EPC rating TBC.



**Seaton, Detached 2/3 Bedroom Bungalow. £315,000**  
A most appealing two/three bedroom detached bungalow located in an elevated position with outstanding views across the mouth of the River Axe, Haven Cliffs and over Lyme Bay. EPC rating D.



**Beer, To Let 3 Bedroom Semi-Detached House. £850 pcm**  
A most attractive property located on the outskirts of Beer. GCH. uPVC DG. Courtyard garden and parking for two vehicles. EPC TBC. Fees Apply.



**Beer, To Let 2 Bedroom Character Cottage. £745 pcm**  
Available immediately. A modern character cottage style property located in Beer and having the benefit of an enclosed garden and a parking space. Living room, fitted kitchen, two bedrooms and bathroom. No pets. No children. No smokers. No DSS. Fully furnished. EPC rating D. Fees Apply.



**Colyton, To Let 3 Bedroom Semi-detached House £900 pcm**  
An attractive three bedroomed semi-detached home in an excellent town centre location with the benefit of a large barn at the rear. Courtyard garden. Garden room. Parking with storage areas. Gas CH. Oak staircase. Exposed flooring. EPC rating E. Fees Apply.



**Colyton, To Let 3 Bedroom Terrace House. £825 pcm**  
A substantial three bedroomed mid-terrace cottage in the heart of Colyton with a private garden. EPC rating D. Fees Apply.

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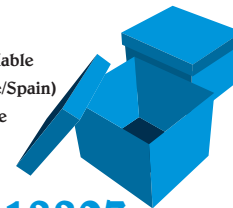
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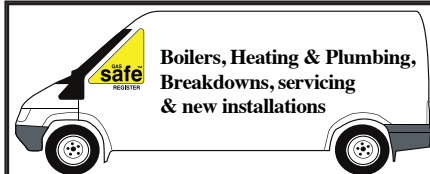
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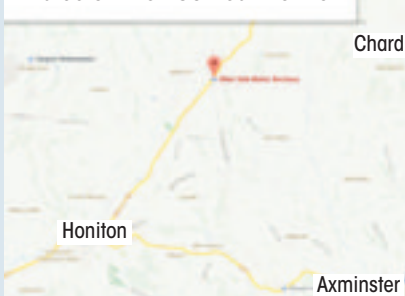
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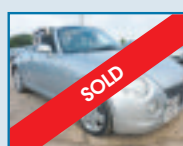
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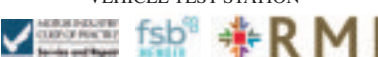
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# Sport – East Devon round-up

with Howard Larcombe

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football the local round-up

## Patience pays off for second placed Tigers

Champions too strong for battling Beer – Honiton Town fightback from 2-0 to clinch gutsy late win

### football tables

SW Peninsula DIE (34)	Pld	Pts
Crediton Utd	13	31
AXMINSTER TOWN	16	29
Torringside	11	26
Newton Abbot Spurs	13	26
Stoke Gabriel	12	24
St Martins	13	19
Brixham AFC	10	19
Liverpool Utd	12	19
Appledore	11	17
SIDMOUTH TOWN	12	15
Teignmouth	10	14
Exeter University	13	14
Bovey Tracey	12	13
Totnes & Dartington	12	10
Budleigh Salterton	8	9
Alphington	11	8
Gallopston Utd	12	5
Exwick Villa	11	4

D&E Premier (28)	Pld	Pts
Newtown	8	24
Honiton Town	8	22
Elmore	7	21
Okehampton Argyle	9	16
Heavitree Utd	7	15
Topsham Town	7	13
Seaton Town	7	10
Upottery	8	10
Hatherleigh Town	9	7
Exmouth Amateurs	6	6
Clyst Valley	6	6
Feniton	6	4
Newton St Cyres	8	3
Bow AAC	7	1
Beer Albion	5	0

D&E Div 1 (20)	Pld	Pts
Cronies FC	6	16
University Res	7	12
Sidmouth Town Res	5	11
Colyton	6	10
Witheridge Res	6	9
Willingham Res	9	8
Lyme Regis	4	7
Alphington Res	5	7
Willand Rovers Res	8	6
Exmouth Town Res	6	5
Bickleigh	6	2

D&E Div 2 (26)	Pld	Pts
Cullumpton Rn Res	8	21
Lapford	7	17
University 3rds	7	13
Dawlish Town	7	12
Newtown Res	7	12
Dawlish Utd	7	10
Heavitree Utd Res	6	9
Halwill	8	8
Tipton St John	7	8
Woodbury	8	8
Lymington	6	7
Budleigh Salt Res	8	5
Chagford	5	4
Axmouth Utd	6	3

D&E Div 3 (20)	Pld	Pts
University 4ths	7	18
Bampton	5	15
East Budleigh	8	13
PERRY STREET	5	10
Axminster Town Res	7	10
Exmouth Amat Res	6	10
Tedburn St Mary	6	7
Clyst Valley Res	7	7
Newton Popholeford	3	3
Honiton Town Res	5	2
Culm Utd	8	0

D&E Div 4 (24)	Pld	Pts
Ottery St Mary	8	14
Uplowman Athletic	5	13
Thorverton	4	12
Kentisbeare	4	10
Morchard Bishop	7	10
Otterton	6	9
University 5ths	6	8
St Martins Res	7	7
Sandford	7	7
Countess Wear Dyn	5	6
Pinhoe	6	6
Sampford Peverell	7	4
Priory	4	2

D&E Div 5 (24)	Pld	Pts
Royal Oak	7	21
Crediton Utd Res	6	15
Whipton & Pinhoe	6	12
Winchester	4	12
Millwey Rise	5	12
South Zeal Utd	8	10
North Tawton	6	7
Alphington 3rds	5	5
Starcross Generals	7	5
Newton St Cyres	8	5
Beer Albion Res	3	3
Feniton Res	5	3
Awilcombe Utd	7	2

### SOUTH WEST PENINSULA LEAGUE – DIVISION ONE (E)

#### AXMINSTER TOWN 2 APPLEDORE 0

TWO goals in the second half saw Axminster Town extend their unbeaten run to seven matches and move back up to second spot in the table.

A feisty first 45 ended goalless and it stayed that way until the 65th minute when Oscar Latas broke the deadlock with the visitors appealing unsuccessfully for a foul on keeper Jimmy Thorne who had fumbled the ball.

Appledore were then reduced to 10 men after Kieran Jewell picked up a second yellow card.

The Tigers capitalised when Jon Hurford's through ball set fellow substitute Luke Finn free and the striker sealed the win.

Jamie Barfoot, another replacement, had the ball in the net in the dying seconds but his effort was ruled out for offside.

Axminster bring the curtain down on the first half of their season when they visit midtable TEIGNMOUTH on Saturday.

**Axminster:** S.Wells-Burr, C.Every, M.Smale, M.Scott, E.Dyer, C.Duchenski, L.Cleal, B.Vine, D.Clay, N.Warren, O.Latas. Subs: J.Barfoot, J.Hurford, L.Finn.

### MATCH REPORTS

#### BEER ALBION 1 TOPSHAM TOWN 3

##### D&E Premier

BEER was no match for reigning champions Topsham Town as they went down 3-1 at the Furzebrake on Saturday writes Richard Honnor.

From the outset Topsham dominated the proceedings. Beer's midfield were given little space and opportunity to get the ball down and play. Equally the Fishermen's back line were closed down so quickly that they were forced to hit long, hopeful clearances which were easily dealt with.

In contrast, Topsham kept possession well with good movement off the ball and their fast breaking forwards provided a torrid afternoon for the home

side's defence.

Up front Richard Walker provided a lone threat for Beer but even he was often thwarted by some robust Topsham defending.

After missing two good chances early on, Topsham's first goal came on 15 minutes when keeper Mark Rooke and full back Harrison collided under a high ball. The Beer defence hesitated as Harrison went down clutching his head expecting the referee's whistle which didn't come.

This provided Topsham midfielder Jesse Howe with sufficient time to hit a 30-yard screamer into the top corner.

The Fishermen managed to keep the deficit to one goal until half time through some desperate defending and fine goalkeeping from Mark Rooke.

Immediately after the break Walker missed a good opportunity to equalise and Topsham countered with a 2nd goal from Alex Gibbins on 48 minutes following a quick break down the left.

After another 10 torrid minutes, Beer at last started to get some quality possession and Walker had a great effort scrambled around the post by the Topsham keeper.

This was the Fishermen's best spell in the match and they reduced the arrears on 65 minutes when a free-kick to the far post from Harrison was won by Walker and, after Luke Morrison's effort was cleared off the line, substitute Jacob Clode bundled the ball into the net.

However, any hopes of a comeback were ended just a minute later when Topsham made in 3-1 with MoM Howe scoring his 2nd after a suspect challenge on Beer midfielder Smith was allowed to go unopposed.

In the last 20 minutes they were chances at both ends. Walker was desperately unlucky when he rattled the crossbar with 25 yards. But the visitors created chances of their own and keeper Rooke pulled off five great saves in the last 20 minutes.

Howe missed an opportunity for his hat-trick when he struck a penalty over the bar after a Beer hand-ball, but the visitors were comfortable winners.

Beer will be hoping for a change in league fortunes next Saturday when Exmouth Amateurs visit the Furzebrake. Kick off is at 3pm and the match sponsor is *Beer Fish and Chips*, Fore Street, Beer.

#### MILLWEY RISE 2 Feniton Res 1

##### D&E Division Five

MILLWEY Rise, without regulars Levi and Nathan Hoole struggled to find any rhythm in the early stages writes Dick Sturch.

They gradually settled and Tyler Warren had an effort ruled out for offside in the 20th minute.

But it was the visitors who struck first with a fine finish giving stand-in keeper Matty Lewis no chance.

Rise equalised on the stroke of half-time when Warren's free kick was headed home by Sam Burke.

In the second half Millwey continued to press but Feniton went close with a shot that struck the inside of the post.

But Millwey were on the front foot and bombarded the visitors' goal before Warren put them ahead. He went close the adding a third with two efforts that both came back off the woodwork.

For Millwey Matt Lewis made a seamless transition from defender to goalkeeper. Zak Meaker and Haydn Lewis controlled the back line and Warren was a constant threat to the Fenity goal.

### Round-up

PREMIER Division leaders NEW-TOWN thrashed CLYST VALLEY 8-0. Cory O'Donoghue (3), Ben Howard (2), Luke Jones (2) and Ryan Beckett scored the goals which mounted steadily after Clyst had a player sent off midway through the first half.

HONITON TOWN snatched a 3-2 victory against an unlucky SEATON TOWN in the 93rd minute.

Seaton led 2-0 through Matt Hancock and Kyle Gould at the break but Luke Barwick and Ben Ashford pulled Honiton level and Ashford then came up with the winner.

HEAVITREE UNITED won 4-1 at EXMOUTH AMATEURS with Tommy Taylor and Matt Byrne both scoring twice and TOPSHAM TOWN were 3-1 winners at bottom of the table BEER ALBION. Jesse Howe 2 and Alex Gibbins were the Tops scorers.

FENITON came from two down to draw 2-2 with UPOTTERY in a match that could have gone either way. Steve Morris and Dan Scadden had Upottery in control but Phil Everett and Charlie Selley rescued Fenity.

Division one leaders CRONIES needed a Billy Rouse special to edge them through 1-0 at WIL-LAND ROVERS.

The UNIVERSITY are now second after a 4-0 win at home against an off colour LYME REGIS, and they go clear of SIDMOUTH TOWN who were held 2-2 by WELLINGTON TOWN.

Division Two leaders CUL-

LOMPTON RANGERS won 1-0 at AXMOUTH UNITED.

PERRY STREET wrecked Division Three leaders EXETER UNIVERSITY'S 100 per cent record with an OG deciding the match.

Meanwhile, a second-half double from Gary Spiller couldn't save AXMINSTER TOWN in a 3-2 reverse at East Budleigh.

OTTERY ST MARY are the new leaders in Division Four thanks to goals from Tom Bushby, Ben Rushton and Connor Lovering in a 3-0 win over ST MARTINS.

LYME REGIS moved to within a point of top spot in Division Six as they won 5-0 at bottom of the table HATHERLEIGH TOWN to rack up their sixth consecutive win with goals from Dec Ellis (2), Matt Thomas, Alex Rowe and Ryan Fifer (pen).

Division Seven leaders WELLINGTON TOWN stay seven points clear after beating SEATON TOWN 5-2.

Goals from Williams and Richards earned UPOTTERY a 2-0 win over LAPFORD RESERVES.

Down in Division Nine CHAGFORD beat MILLWEY RISE 4-1 with Millwey's goal coming from Stuart King.

### RESULTS

#### MACRON DEVON & EXETER PREMIER

Beer Albion 1, Topsham Town 3.  
Elmore 5, Newton St Cyres 0.  
Exmouth Amateurs 1, Heavitree 4.  
Feniton 2, Upottery 2.  
Honiton Town 3, Seaton Town 2.  
Newtown 8, Clyst Valley 0.  
Okehampton A 1, Hatherleigh 0.

#### DIVISION ONE

Colyton 1, Exmouth Town 3.  
Sidmouth Tn 2, Wellington Tn 2.  
University 4, Lyme Regis 0.  
Willand Rovers 0, Cronies 1.  
Witheridge 4, Alphington 2.

#### DIVISION TWO

Axmouth Utd 0, Cullumpton Rgs 1.  
Budleigh Salterton 3, Woodbury 2.  
Dawlish 4, Halwill 3.  
Heavitree Utd 0, Dawlish Utd 1.  
Lapford 7, Tipton St John 0.  
Lymington 1, University 2.  
Newtown 4, Chagford 2.

#### DIVISION THREE

Clyst Valley 3, Tedburn St Mary 2.  
Culm United 3, Exmouth Amateurs 6.  
East Budleigh 3, Axminster Town 2.  
University 0, Perry Street 1.

#### DIVISION FOUR

Countess Wear Dyn 2, Otterton 1.  
Ottery St Mary 3, St Martins 0.  
Pinhoe 3, University 2.

Sampford Peverell 2, Kentisbeare 3.  
Sandford 1, Uplowman Athletic 2.

#### DIVISION FIVE

Alphington 3, Awilcombe Utd 3.  
Millwey Rise 2, Feniton 1.  
North Tawton 4, Starcross Gen 1.  
Royal Oak 9, Newton St Cyres 0.  
Winchester 6, South Zeal 3.

#### DIVISION SIX

Central 5, Dunkeswell Rovers 0.  
Halwill 4, Silvertown 0.  
Hatherleigh Town 0, Lyme Regis 5.  
Hemyock 3, Exwick Village 2.  
Tivvy Park Rangers 4, Stoke Hill 8.

#### DIVISION SEVEN

Cheriton Fitzpaine 1, Sidmouth Tn 3.  
Crabrook 7, Exmouth Spartans 1.  
HT Dons 1, Colyton 2.  
Ilminster Town 3, K&M Polonia 0.  
Wellington Town 5, Seaton Town 2.  
Woodbury 0, Bickleigh 1.

#### DIVISION EIGHT

Amory Green Rov 0, Bravehearts 6.  
Bradinch 0, Newton Popholeford 9.  
Kentisbeare 3, Queens Head 3.  
Seven Stars Kennford 0, Sandford 2.  
Upottery 2, Lapford 0.

#### DIVISION NINE

Central 0, Amory Green Rovers 2.  
Chagford 4, Millwey Rise 1.  
Exmouth Amateurs 1, Witheridge 2.  
St Martins 2, Feniton 0.  
Tedburn St Mary 3, East Budleigh 1.

#### FOOTBALL EXPRESS CUP

Winkleigh 4, Beer Albion 0.

### FIXTURES

Saturday, October 29th

#### PREMIER

Beer Albion v Exmouth Amateurs  
Bow AAC v Feniton  
Clyst Valley v Topsham Town  
Hatherleigh Town v Honiton Town  
Newton St Cyres v Seaton Town  
Upottery v Elmore

#### DIVISION 1

Alphington v Wellington Town  
Colyton v Willand Rovers  
Cronies v Bickleigh  
Exmouth Town v Witheridge  
University v Sidmouth Town

#### DIVISION 2

Budleigh Salterton v Heavitree United  
Chagford v Cullumpton Rangers  
Dawlish United v Lapford  
Halwill v Dawlish

Tipton St John v Axmouth United  
University v Lymington  
Woodbury v Newtown

#### DIVISION 3

Bampton v East Budleigh  
Culm United v Axminster Town  
Exmouth Amateurs v University  
Honiton Town v Clyst Valley  
Tedburn St Mary v Newton Popholeford

#### DIVISION 4

Kentisbeare v Priory  
Morchard Bishop v Countess Wear Dyn  
Otterton v St Martins

Ottery St Mary v Thorverton  
Pinhoe v Uplowman Athletic  
University v Sandford

#### DIVISION 5

Awilcombe United v Alphington  
Feniton v Millwey Rise  
Newton St Cyres v Whipton & Pinhoe  
North Tawton v Crediton United

South Zeal v Royal Oak  
Starcross Generals v Beer Albion

#### DIVISION 6

Dunkeswell Rovers v Hatherleigh Town  
Exwick Village v Lyme Regis  
Hemyock v Elmore

Offwell Rangers v Halwill  
Silverton v Tivvy Park Rangers  
Stoke Hill v Winkleigh

#### DIVISION 7

Bickleigh v Sidmouth Town  
Exmouth Spartans v HT Dons  
Ilminster Town v Colyton

K&M Polonia v Cranbrook  
Seaton Town v Woodbury  
Wellington Town v Cheriton Fitzpaine

#### DIVISION 8

Axminster Town v Kentisbeare  
Bradinch v Bravehearts  
Lapford v Seven Stars Kennford

Newton Popholeford v Amory Green  
Queens Head v Bampton  
Sandford v Upottery

#### DIVISION 9

Amory Green Rovers v Tedburn St Mary  
East Budleigh v Exmouth Amateurs  
Millwey Rise v Chagford

St Martins v Honiton Town  
Witheridge v Central

#### THROMGORTON PREMIER CUP R2

Heavitree United v Newtown  
FOOTBALL EXPRESS CUP  
Winchester v Central

#### PERRY STREET LEAGUE

HAWKCHURCH United cruised through to the semi-finals of the Division One Cup after thrashing hosts Shepton Beauchamp Reserves 9-0.

The contest was over at half-time with goals from James Melville (2), Andy Dymond, Brad Cross and Dan Richards giving the visitors a 5-0 lead.

Dymond added a second after the turnaround and Melville completed his hat-trick with the other goals coming from subs Tom Chubb and Brad Pearce.

"That was our most controlled performance of the season, it's good to see us continue to make progress week in, week out," said Hawks boss Martin Bright.

Over at Eastlee Park, goals from Fabio Souza and Liam Rogers couldn't save FARWAY

UTD from a 6-2 home defeat by Chard Rangers in the the top v 2nd Division Two clash.

But FARWAY UTD RES banked a Division Four point with Jacob Murphy, Ben Harris, Simon Trim and Adam White on target in a 4-4 draw at Chard Rangers Res.

### football tables

D&E Div 6 (24)	Pld	Pts
Offwell Rangers	7	16
Winkleigh	6	15
Lyme Regis Res	7	15
Exwick Village	6	12
Hemyock	5	10
Central FC	3	9
Stoke Hill	4	7
Halwill Res	6	7
Elmore Res	6	7
Tivvy Park Rangers	5	4
Dunkeswell Rovers	6	3
Silverton	6	1
Hatherleigh Res	7	1

D&E Div 7 (22)	Pld	Pts
Wellington Town 3rds	9	22
Ilminster Town Res	6	15
Cranbrook	5	13
K&M Polonia Exeter	8	11
Exmouth Spartans	6	10
Sidmouth Town 3rds	6	9
Seaton Town Res	6	7
Bickleigh Res	5	7
Cheriton Fitzpaine	7	6
Colyton Res	6	4
Woodbury Res	8	4
HT Dons	6	3

D&E Div 8 (22)	Pld	Pts
Upottery Res	6	16
Newton Popholeford Res	6	16
Bravehearts	6	15
Kentisbeare Res	6	14
Axminster Town 3rds	7	13
Lapford Res	8	7
Bampton Res	4	4
Amory Green Rovers	6	4
Seven Stars Kennford	6	6
Sandford Res	5	3
Queen's Head	5	2
Bradinch	7	1



## running round up

## Silver for Loveridge in 200-strong Weymouth 10k

## AXE VALLEY RUNNERS

with Dave Mutter  
PAUL Lloyd travelled to Portsmouth to take part in the GREAT SOUTH RUN and managed to run the 10 miles in 2:11:58 14,803rd out of 26,000 running the race.

Last weekend Graham and Diane Newton travelled to the Netherlands, along with over 42,000 other runners, to take part in the 41st AMSTERDAM MARATHON weekend.

Graham lined up for the start of the marathon in the historical Olympic Stadium. The route follows part of the Olympic course running along the Amstel River, through the famous Rijksmuseum, winding its way through the heart

of the city past canals and windmills, to finish for a final lap around the stadium.

Graham was pleased to finish in 3:34:08, in 2,603rd position overall, and 8th in his age category. Diane finished the half-marathon in 2:49:25.

## HONITON RUNNERS

with Judy Davey

THERE was a great turnout of 26 from the club for the recent Exeter's Half Marathon, the Ashfords GREAT WEST RUN.

David Hawker (1:33:50) was first home beating his PB followed by Adam Tomkins who ran his first half marathon in 1:34:21. Steve Selley was next in 1:35:41 and new member Gavin Rice in

1:37:25. Roger Saunders followed in 1:38:16 (2nd in his age category). Richard Harris struggled after a bad cold to finish in 1:43:09.

Sarah Wheeler was the first lady back in 1:44:13 closely followed by Emilie Tones in 1:44:20. Sam Pollard in 1:46:51, David Perkins in 1:49:25, and Paula Ferris in 1:49:31.

Jenny Sleeman equalled her PB in 1:50:01 and just managed to overtake Pippa Westall in 1:51:13.

Lin Pike was overjoyed to run a PB in 1:56:49 and Andrew Ashford close behind in 1:57:38. Sharon Wells led a group of Honiton runners home in 1:58:28 with Tony Peek and Claire Rouse both in 1:58:58.

Several first timers for a Half Marathon followed with Kat Tomkins in 2:01:55, Karen Lister and Anna Dalzell both in 2:04:26, Teresa Pollard in 2:05:46, Vanessa Knowles was next in at 2:08:40, Cathy Layzell in 2:10:09, Rachel Horwood in 2:14:00 and Carol Turnham in 2:14:35.

Last Sunday five members took on the challenging Exmoor Stagger over 16 miles of multi-terrain. Runners are taken up to the highest point on Exmoor, Dunkery Beacon, and back down again.

Steve Davey had a fantastic run coming 64th in 2 hours 37 while Richard Harris finished 94th in 2:46:27 with Mark Dallyn hot on his heels 21 seconds later. Judy Davey finished in 2:48 coming

101st.

Pippa Westall was delighted to come in under the 3 hour mark in 2:58. The winner was James Baker of Chichester Runners in 1:54.

## CHARD ROAD RUNNERS

with Paul Masters

DAN Cahill headed off to take part in the 34th running of the Stroud Half Marathon on Sunday - a mainly flat road half sported a large 1400 runners. Cahill finished an excellent 12th/1400 and a time of 1h 18m 17s.

Meanwhile, Wayne Loveridge took part in a 10-mile race in Weymouth finishing in an excellent 3rd position in the 200-strong field in a time of 58m 07s.

## sailing sutton bingham

## Sutton' sailors are Top Club

IT was a very successful weekend for Sutton Bingham sailors who travelled up to Chew Valley Lake Sailing Club.

On Saturday Andrew Frost and Chris Jones competed in the RS Aero Open Meeting along with 35 other RS Aero sailors. The light winds meant that many regular seven rig sailors sized up to the nine making this the largest or the three fleets.

Frost won the five rig fleet convincingly with three straight wins and by a considerable distance in the final race. Jones had more of a battle on his hands in the 7s fleet posting a 2nd, 3rd and 1st to take second overall.

Sunday was Chew Valley Sailing

Club's Visitors Day, incorporating the Top Club Trophy.

Five sailors from Sutton Bingham Sailing Club took part and won the event, beating Portishead, Datchet Water, Thornbury and Bradford on Avon.

The morning was a handicap race with fast and slow fleets. Chris Jones in his RS Aero 7 was 2nd in the fast fleet with Ian Jay 4th in his Finn.

Andrew Frost sailing his RS Aero 5, finished 2nd in the slow handicap and Kelsey Green sailing a Laser 4.7 was 4th.

The afternoon race was a full pursuit race, where the slower boats start first

and are pursued at intervals by the faster boats according to their handicap rating.

Sailing for around two hours in pretty breezy conditions to complete the race was quite a test of endurance. Jones was 6th, Frost 8th, Richard Cumberbatch in his Phantom 9th and Green 14th.

A total of 39 boats took part in the event and overall positions for the Sutton Bingham team, combining the scores for the two races were: 2nd Andrew Frost, RS Aero 5, 4th Chris Jones, RS Aero 7, 10th Kelsey Green, Laser 4.7, 11th Richard Cumberbatch, Phantom, 19th Ian Jay, Finn.



◆ WELL DONE: Helen Martin, Chew Valley Lake Sailing Club Vice Commodore, 2nd left, presents the Top Club Trophy to Sutton Bingham sailors Andrew Frost, Chris Jones and Kelsey Green

## on the frontier around the local skittles leagues

## COLYTON

**Div 1:** Vine B 343 (D Blackmore, K Gush 60) Colcombe A 360 (G Parsons 66); Seaton FC A 339 (D Hales 62) Tuckers Arms B 375 (K Tratt 76); Lamb A 334 (S Pomeroy 70) Honiton Con D 318 (W Tratt 61); New Inn A 349 (N Jones 64) Red Lion Cavaliers 369 (W Phillips 69); Red Lion A 395 (C Miller 77) Cloakham B 383 (L Summers 68); Colyton Club A 362 (P Clode, S Berry 65) Axminster Con A 344 (B Stuckey 66); Gerrard A 364 (T Underdown 68) Lamb B 383 (B Dicks 72).

**Div 2:** Sidbury Stones 383 (P Barham 44) Tuckers Arms A 380 (D Dower 67); Colcombe Beerboys 402 (C Vine 78) Vine A 411 (C Every 95); Kings Arms Beers 334 (J Gladstone 62) Volunteer A 371 (M Gillard 77); Honiton Converts 366 (D Lapping, A Rose 67) Dolphin Vikings 391 (S Morris 75); Ship C 372 (M Clement 74) Eagle Tavern 326 (C Hutchings 70); Wheelwright A 322 (C Hammett 65) Honiton WMC A 330 (G Chandler 63).

**Div 3:** Colcombe B 434 (M Bleaken 89) White Hart B 391 (G Binsmore 73); Wilmington Harts 392 (P Richards 72) Three Tuns BTP 330 (M Davies 61); Cloakham Wanderers 351 (G Hayball 70) Kingfisher A 336 (S Richards, A Bishop 61); Vine Nomads 353 (P Norman 67) Red Lion Sidbury 358 (P Warren 68); Volunteer B 326 (S Holdsworth 69) Sidbury Village Inn 300 (N Anthony 54).

**Div 4:** Rising Sun B 340 (K White 68) Heathfield A 344 (D Crab 70); Honiton Con A 343 (F Crab 65) New Inn B 350 (D Hodder 70); Honiton WMC B 348 (G Hart 70) Rising Sun A 331 (T Churchill 67); Winstons A 342 (B Parker 61) Axminster Inn A 347 (D Morgan 70); Tuckers Arms C 331 (R Dare 63) Seaton FC B 327 (D Park

70);  
Div 5; Honiton Con Raiders 324 (S Eveleigh 63) Seaton Bowling 331 (Hazel Smith 62); Sidmouth Arms Kings 352 (D McCullum 74) Offwell B 344 (S Scotland 68); Kingfisher B 274 (A Hurford 60) Colyton Club B 293 (S Riley, M Berry 53); Heathfield B 335 (M Glaeser 65) Winstons KOOTS 368 (J Miles 78); White Hart A 346 (B Parr 73) Colcombe Nomads 355 (J Channon 68).

Division One	Pld	Pts
Red Lion Cavs	5	10
Axe Con A	5	7
Colcombe A	5	6
Honiton Con D	5	6
New Inn A	5	6
Red Lion A	5	6
Tuckers Arms B	5	6
Gerrard A	5	5
Colyton Club A	5	4
Lamb B	5	4
Vine B	5	4
Cloakham B	5	2
Lamb A	5	2
Seaton AFC A	5	2

Division Two	Pld	Pts
Sidbury SC Stones	5	10
Offwell A	5	8
Volunteer A	5	8
Vine A	5	6
Ship C	5	5
Colcombe Beerboys	5	4
Gerrard B	5	4
Dolphin Vikings	5	4
Eagle Tavern	5	4
Honiton WMC A	5	4
Honiton Converts	5	4
Kings Arms Beers	5	4
Wheelwright A	5	1
Red Lion Sidbury	5	0
Tuckers Arms A	5	0

Division Three	Pld	Pts
Cloakham Wanderers	5	9
White Hart B	5	6
Sidbury Village Inn	5	6
Mountbatten Whites	5	4
Three Tuns BTP	5	4
Vine Nomads	5	4
Wilmington Harts	5	4
Ship A	5	2
Kingfisher A	5	2
Red Lion Sidbury	5	2
Colcombe B	5	2

Division Four	Pld	Pts

Division Five	Pld	Pts
Sidmouth Arms Kings	5	10
Colcombe Nomads	5	8
Offwell Rejects	5	6
Winstons Koots	5	6
Dolphin B	5	4
Heathfield B	5	4
Seaton Bowling	5	4
White Hart A	5	4
Colyton Club B	5	2
Kingfisher B	5	0
Tuckers Arms D	5	0
Honiton Con Raiders	5	0

**Ilminster & District**

Division One	Pld	Pts
Wyndham Warriors	5	36
Flying Turkeys	5	35
Cricketers	5	31
Crown Crusaders	5	31
Ashill Inn	5	30
Nomads	5	26
Rockey's Rollers	5	18
Flying Turkeys All Stars	5	17
Hatch Beagles	5	4

Division Two	Pld	Pts
Bell Broadway	5	36
Royal Oak Faces	5	32
Bell A	5	30
Floater's	5	23
Kings Head	5	20
Ilton Choppers	5	16
Wyndham Clangers	5	13
Ashill Boys	5	11
Hatch Eggs	5	11

## AXMINSTER

**Mens Knock Out Cup 3rd Rd:** Ax FC H/Cs 428 (I Strawberry 80) v Gerrard D 421 Wootton Sherberts 307 (J Chapman 63) Lamb A 305 (G Smith 57) Thorncombe B 370 (M Turner 73) Kingfisher Feds 361 (P Squire 63) Old Inn Kilm B 353 (O Harris 68) Thorncombe Drifters 355 (J Collins

65) New Inn C 324 (K Smith 62) Tuckers C 340 (N Ball 63) New Inn A 326 (M Williamson D Hodder 60) Kings Arms Seaton 337 (K Tozer 64) Red Lion D 379 (S Ellis 75) Red Devils 412 (B Huntley 73) Axe Con Rebels 463 (H Harris 101) Colcombe A 381 (F Batten 70).  
**4th Rd draw (Nov 1st):** Ax FC H/Cs v Axe Con Rebels Wootton Sherberts v Red Devils Thorncombe B v Kings Arms Seaton Thorncombe Drifters v Tuckers C.

**Mens League**  
**Div 1:** Old Inn Kilm A 353 (P Powell 70) Kingfisher Feds 350 (L Tooze 64) Thorncombe Drifters 343 (D Mortimer 67) Ax Con Rebels 367 (W Phillips 66) Tuckers C 364 (Nigel 68) Sidmouth Arms 371 (J Rich 67) Wootton Cowboys 375 (I Johnson 66) Red Lion D 307 (T Herbert Snr 59) Red Devils 386 (J Herbert 72) B&Gs 399 (T Wellman 75) Lamb Spartans 304 (G Hayball 59) Thorncombe B 329 (C Atyeo 62).

**Div 2:** WH Wilm A 375 (P Jeffery 75) Tuckers Maggots 385 (D Davenport 72) New Inn A 340 (D Hodder 64) Thorncombe C 358 (T Ellis 65) Axe Inn Jokers 362 (Doug Churchill 73) v New Inn C 349 (R Webb 77) Gerrard A 334 (J Richards 61) Lamb A 357 (N Jones 69) Thorncombe A 359 (T Cartell 64) WH Warriors 342 (N Stone 65) Colcombe A 410 (T Underdown 75) Cloakham Stars 409 (A Ostler 87).

**Div 3:** Kings Arms Seaton 341 (W Doble D Park 60) Gerrard B 370 (R Satterley 70) Axe Con A 317 (B Styles 66) v Axe Inn A 289 (D Cook B Margetts 51) Axe Inn B 317 (R Bebb 59) Old Inn Kilm B 315 (P Diamond 58) Ax FC A 410 (R Thresher 83) Colcombe B 380 (K Mitcham 70) Ax FC IV 393 (J Mitcham 74) v Ax FC H/Cs 396

(P Reed 76).  
**Div 4:** Lamb Shanks 305 (M Pritchard 58) Kingfisher A 294 (B Marshall, P Burgess 53) Ship Rotary 366 (R Woolland 70) Bev's Boys 379 (S Burrough 74) Gerrard C 329 (B Knight 69) Seaton BC 341 (R Pluck 59) New Inn Hawks 343 (D Lucas 68) Colcombe Nomads 313 (J Mason, R Gush 61) Winstons Wobblers 345 Bottle Inn 352 (J Croton, A Harre 66).

Division One	Pld	Pts
B & Gs	5	10
Thorncombe B	5	8
Ax Con Club Rebels	5	8
Wootton Cowboys	5	6
Red Lion Red Devils	5	6
Lamb Spartans	5	6
Sidmouth Arms (Upottery)	5	6
Old Inn Kilminging C	5	6
The Feds (Kingfisher)	5	4
Red Lion D	5	4
Thorncombe Drifters	5	2
Gerrard D	5	2
Tuckers C	5	0
Green Army	5	0

Division Two	Pld	Pts
Thorncombe C	5	10
Cloakham Stars	5	8
Axe Inn Jokers	5	8
Tuckers Maggots	5	6
Wootton Sherberts	5	6
Thorncombe A	5	6
New Inn Kilminging C	5	6
White Hart Wilmington A	5	4
Colcombe A	5	4
Gerrard A	5	4
Red Lion C	5	2
White Hart Warriors	5	2
New Inn Kilminging A	5	2
Lamb A	5	2

Division Three	Pld	Pts
Old Inn Kilminging B	5	8
Axminster FC A	5	8
Axminster Inn A	5	6
Axminster Halfcuts	5	6
Axe Con Club A	5	2
Axminster FC B	5	4
Gerrard B	5	4
Kings Arms Seaton A	5	4
Axminster Inn B	5	4
White Hart Wilmington B	5	4
King Wingers	5	2
Axminster FC IV	5	2
Colcombe B	5	0

Division Four	Pld	Pts

Lamb 49s	Pld	Pts
Ship Rotary	5	6
Kingfisher A	5	6
Bev's Boys	5	6
Winstons Wobblers	5	6
Lamb Shanks	5	6
Seaton Bowling Club	5	4
New Inn Hawks	5	4
Bottle Inn	5	4
Gerrard C	5	2
Tuckers Y	5	2
Colcombe Nomads	5	2
White Hart Colyford	5	0

**Ladies League**  
**Div 1:** Wotnots 383 (C Phillips 71) New Inn A 343 (G Perkins 65) Seaton BC 293 (B Thompson 58) Red Lion A 259 (L Shepperd 49) Colcombe A 369 (H Ogden 78) Gerrard Guzzlers 349 (M Smith, R Hallworth 63) New Inn B 290 (M Mear 63) Colcombe Girls 299 (C Targett 56) Bees Knees 336 (G Parker 62) Thorncombe Newtops 302 (C Bull 56).

**Div 2:** Thorncombe A 292 (Katy Gaylard 56) Cloakham A 301 (W Kiy 55) Colcombe Angels 324 (S Gush 62) Colcombe B 317 (S Chaplin 65) Red Lion Rabble 327 (G Hall 59) WH Wilm A 335 (J Bishop 73) B&Js Cloakham 309 (B Roberts 64) Seaton FC 335 (T Kenworthy 62) Tuckers B 326 (D Jowett 64) Ax FC Battleaxes 270 (P Perry 55) Gerrard A 311 (C Thurston 58) v Tuckers A 315 (L Gould 62).

**Notice to Captains:** Perfect Pins have withdrawn from Ladies Div 1.

Ladies Division One	Pld	Pts
Axe Inn A	5	10
Colcombe Girls	5	10
Gerrard Guzzlers	5	7
Wotnots	5	6
Red Lion A	5	6
Seaton Bowling Club	5	6
Bees Knees	5	6
Colcombe A	5	4
New Inn A	5	3
Thorncombe Newtops	5	2
Rousdon Ladies	5	1
New Inn B	5	0

## crib honiton

**RESULTS:** Feniton Soc B 5 Honiton Inn A 3, Honiton Inn B 5 Feniton Soc A 3, Thirsty Farmer 1 Workingmens A 7, Vine Inn A 5 New Fountain 3, Workingmens B 2 Blacksmith Arms 6.

**Captains Cup:** Audrey Hawkins 0 Lionel Hawkins 1, Brenda Flood 1 Lorraine White 0, Julie Davis 1 Steve Pettitt 0, Maureen Pendrick 0 Mike Dent 1, Rita Freemantle 1 Julie Bath 0.

**Fixtures** - Oct 27th; Blacksmith Arms v Thirsty Farmer, Feniton Soc A v Vine Inn A, Honiton Inn A v Honiton Inn B, New Fountain v Workingmens B, Vine Inn B v Feniton Soc B.

Table	Pld	Pts
Blacksmiths Arms	7	35
Workingmens A	7	32
Feniton Social B	7	29
New Fountain	7	27
Vine Inn B	6	26
Feniton Social A	6	25
Honiton Inn A	6	23
Workingmens B	6	22
Honiton Inn B	6	21
Vine Inn A	6	21
Thirsty Farmer	7	19

Captain's Cup	Pld	Pts
L.Hawkins	6	6
H.Hawkins	6	4
R.Freemantle	6	4
J.Bath	6	3
B.Flood	7	3
J.Davis	6	3
L.White	7	3
M.Pendrick	7	3
S.Pettitt	7	2
A.Hawkins	6	2
M.Dent	6	2

## Crewkerne &amp; Dist

**Division One**

Pld	Pts	
Lost Boys	5	



## tee off golf news

## Linda leads home Honiton Grannies

**HONITON** with John Pawley  
SUNDAY brought the last organised match for the Mixed, for the present year. Visiting Exeter they won 4-2 to complete the year with a tally of eight wins and just one defeat.

Monday saw the final match in the Seniors friendlies when Honiton defeated visitors Long Sutton 5-1. Of the 33 matches played Honiton won 17 and lost 13, with 3 draws.

There was a good turnout of 32 for this week's Tuesday Mixed competition.

The format was an American Foursomes which sees both players driving, then each playing their partner's ball for the second shot before choosing the preferred ball, and playing alternate shots thereafter.

Heather Clarke & Stewart Slater won with a score of 33 points. Next, on count-back, were Olwen Eaton & Ken Wood followed by Catherine Doherty & Peter Clarke with 31 while Joan Smith & Paul Ritchie were fourth with 30.

The Ladies competed for one of

two Cups; the Grannies Cup for those eligible and the Bournemouth Cup for the others. Autumnal conditions meant that scoring wasn't high for these Stableford competitions.

The Grannies Cup winner was Linda Blundell with 31pts with Janet Hughes next with 29. The Bournemouth Cup was won by Anne Davies with 32 while Hilda Hoepleman second with 31. Taking just the Stableford scores the Silver Division winner was Ann Trayling (28) with Sue Ritchie (27).

Bronze 1 winner was Anne Davies with Hilda Hoepleman second. Bronze 2 winner was Jan Portlock (29) with Cherry Liell (25) while the nine-hole Stableford winner was Vera Richardson (16) with Carole Booth next.

Last Friday Seniors Captain Alan Pollock took a team to play in the Quantock Stag Trophy at Enmore Park GC.

Overall 14 clubs from the area were invited for this the 4BBB event, with one score to count from each of the four two mens teams. Honiton finished third,

their best ever result, with 162 points, beaten by the Mendip Spring GC team and Long Ashton GC.

A further 56 Seniors took part in a Texas Scramble at Honiton on Friday. Mike Sennitt, David Lee & Alan Devenny came first with a net 64.0, closely followed by David Scott, John Pawley & Robert Canterbury on 64.4. Max Pipe, John Frith & Peter Blake with 65.5 were third, and John Fleetwood, Bill Phillips & Howard Pritchard took fourth with 66.1.

There were five twos: Mike Kent and Pat Purtell at the 2nd, David Hughes at the 4th and Tom Tunnicliffe and Bill Phillips at the 12th.

**AXE CLIFF** with Peter Motson  
THE Ladies section played a County Prize Stableford competition and there were some close scores.

Margaret Kenchington finished 1st with 34 points, 2nd was Sandra Walker with 33 and in 3rd place was Stella Thompson with 31.

The Seniors section played their Quarterly cup match was

won by Nigel Garwood with 32 points, in 2nd place was Gilbert Cox with 31 and in 3rd place was Alan Vincent with 30.

**CRICKET ST THOMAS** with Bert Robinson

THE Seniors started last week with Monday's "waltz" competition when 39 members

formed 13 sides with all team members required to register a score on six holes.

Result: 1st Martyn Putland; Jerry Stevens & John Livens 85 points, 2nd Mike Aldridge; Bryan Frost & Martin Leigh 78, 3rd Mike Burt; Trevor Dobson & Bert Robinson 77.

On Wednesday 45 Seniors formed 15 teams to participate in a stableford tournament.

In near perfect conditions, the golf was of a high standard and with most members playing to near par, many teams returned scores in excess of 100.

Alan Chance led his team into the clubhouse having posted a score of 101 but the favourites, led by John Wallis emerged as victors with an impressive score

of 106, mainly due to Danny Dowell's 40-point haul.

Result: 1st John Wallis; Danny Dowell & Peter Spencer-Farr 106 points, 2nd George Willerton; John McOmish & Ian Griffiths 104, 3rd Alan Chance; Frank Martin & Chris Gingell 101.

The Saints' Seniors match team entertained AXE CLIFF on Thursday in their penultimate match and avenged defeat in the away leg with a 6-0 whitewash.

Results: Nick Hill & Stuart Pope won 5&4, Bob Barrow & Nick Clarke won 4&2, Roger Stone & Bob Hollingsworth won 3&2, Alan Chance & Ian Fielder won 4&3, Keith Potter & Lyndsey Gage won 4&3, George Wallace & John McOmish won 5&4.

The Seniors completed their week on Friday with 30 members entering a 2 man Medley competition. This format includes 4ball better ball, foursomes and Greensomes rules.

Result: 1st John Pearce & Bryan Frost 44 points, 2nd Norman Markby & John McOmish 37, 3rd Rod Stevens & Colin Ireland 36.

## darts chard

## Shane remembered



THE Shane Goodall Memorial Trophy was set up in 2014 in memory of the former Madhouse Crew (Bell & Crown) player.

The first winners of this pairs competition were Robin Cox & David Mears and they were followed this

year by Leighton Cox & Steve Rutter who came out on top in excellent turn out with all entry fees going to the The Beacon Centre charity at Musgrove Hospital.

With a donation from the league, this topped up to £250.

Premier Division	Pld	Pts
Mighty Oaks .....	14	183
Phoenix Clubbers .....	14	160
SS & The Boys Too .....	14	150
Projectile Disfunction .....	14	146
We can do this .....	14	116
HRT .....	14	112
Madhouse Crew .....	14	99
Weiners & Baps .....	13	98

Fammie Js .....	16	189
Oakey Oaks .....	16	183
Kings Assassins .....	16	180
Bazzers BE .....	16	180
Duck Fs .....	16	169
Cult of Personality .....	16	165
34s .....	16	150
Two Minute Crew .....	16	101
Tis Us .....	16	80
180s leaders: G Hill & L Cox and R.Cox, A.O'Bern & B.Allen all x3.		

Division One	Pld	Pts
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## darts colyton &amp; district

**RESULTS (1001/Pairs)**  
first) Week 4: Vault B 1 (1) Kings Arms 4(5); Kingfisher A 3(3) Golden Hind 2(3); New Inn 0(3) Kingfisher B 5(3); Halesy's Bar

1001pairs Tucker Cup	Pld	Pts	Singles - Maundrill Cup	Pld	Pts
Halesy's Bar A .....	3	14	Halesy's Bar A .....	3	13
Kings Arms .....	3	11	Vault A .....	4	12
Vault A .....	4	10	Dolphin A .....	3	11
Kingfisher B .....	3	10	Kings Arms .....	3	10
Dolphin A .....	3	8	Kingfisher A .....	3	10
Vault B .....	4	8	Vault B .....	4	9
Halesy's Bar B .....	2	7	Halesy's Bar B .....	2	10
Kingfisher A .....	3	7	Kingfisher B .....	3	8
Golden Hind .....	2	5	Golden Hind .....	2	6
New Inn .....	2	2	New Inn .....	3	5
Clarence A .....	2	1	Clarence A .....	2	4
Dolphin B .....	2	1	Dolphin B .....	2	4

## anging ilminster aa

## In-form Baz hits top

ELEVEN Ilminster AA members fished round two of the V.E.S. Precision league on a very low and clear River Isle on Sunday.

Despite the temperature dropping over the last few days, the leading weights were still good but the majority of anglers struggled for bites.

Baz Morgan, fishing the pole and caster, had a lovely day in peg 120 at Isle Brewers, catching dace, chublets and roach for 16lb 3oz and a comfortable win.

Rob Cox was second with three big chub weighing 9lb 4oz from peg 108 on the pole and caster, with all his fish coming in the last hour.

Jamie Rich only needed 4lb 14oz for third place from peg 14, catching dace, chublets, gudgeon and roach on the pole and caster.

Sections: A - Adie Bishop (Taunton) - 15oz, B - Justin Charles (Ilminster) - 4lb 2oz.

The next round of the V.E.S. Precision league is on Sunday, November 6th, the draw is at the Royal Oak between 8.30 and 9am.

WITH GLYN HUGHES

## rugby chard rfc

## Another hefty defeat, but Chard continue to battle on

## Chard 0 Drybrook 50

South West One

**DID Chard deserve to lose this game?..of course they did!**  
**Did they deserve to lose by such a large margin...absolutely not.**

**Did they give up? ....Not a chance!**

THE reason Chard lost by such a significant margin is quite simply that in the final 15 minutes of the match they conceded four converted tries (28pts) most of which were a result of inexperience which led to naivety in decision making as they chased

the game.

The Chard coaches decided in the club's current plight to play the players that were prepared to train hard and the effort these young lads made was there for all to see.

The first 20 minutes were score less but Drybrook eventually went ahead in bizarre circumstances.

A lineout was awarded to the visitors even though the touch judge had not given it and the referee was some way away. Drybrook made the most of their good fortune and scored a

good converted try.

They increased their lead with a penalty and just before the interval added a second try to lead 15-0 at the break.

Chard had their moments with Luke Aplin, Will Hopkinson, Dave Biss and newcomer Ash Bryant prominent.

Drybrook increased their lead 15 minutes into the half when they broke through to score under the posts.

The forwards were unlucky not to

get any reward for their efforts, and, as the team chased the game in the final quarter to try and get on the score sheet, they made some curious decisions which were exploited ruthlessly by the opposition backs.

The only way is up for Chard who will be hoping that some of the players carrying injuries will soon be back to bolster the squad.

Next weekend Chard are away at fellow strugglers Midsomer Norton while Chard 2nd xv are at home to Wiveliscombe 2nd xv (3pm on the

main pitch).

## Wellington 10 Chard 24

Somerset Colts League

THIS was an evenly contested match in the first half but Chard's greater fitness showed through in the 2nd period and they pulled away for a comfortable win.

Wellington took an early lead with a try following a charge down but Chard soon equalised and with both teams getting a try each the half-time score stood at 10-10

In the second half two converted tries from Chard sealed a fine victory. Try scorers for Chard were Noah Carnell, Ben Locke and Adam Moore (2). Barnaby Down kicked both conversions. Joe Mainwaring and Ross Colenso made significant contributions but man of the match went to Thomas Chapple Smyth.

Next week the colts are at home to Clevedon Colts 3pm at Crewkerne Road.

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# Pulman's View SPORT

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◆ **TIGERS:** Axminster Town pictured before the recent 2-0 Devon Premier Cup tie win over Plymouth Marjons at Tiger Way. Line-up, standing from left; Oscar Latas, Ben Clay, Chris Duchenski, Elliot Dyer, Scott Wells-Burr, Ben Vine, Callum Garrett, Craig Every. Front; Luke Finn, Liam Cleal, Mike Hone, Neil Burns (manager), Luke Garrett (Physio/linesman), Nathan Warren, Jamie Barfoot. Photo by ANDREW GRAHAM

◆ **BUSY STREETS:** Axe Valley Runner Paul Lloyd was one of 26,000 entrants for the Great South Run at Portsmouth at the weekend. See report on page 62 inside.

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